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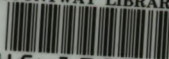
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# CHOLERA INFANTUM



JOHN H. TILDEN, M. D.



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**THE ETIOLOGY**  
**OF**  
**CHOLERA INFANTUM**

**WITH THE**  
**HYGIENIC AND DIETETIC TREATMENT**  
**AS APPLIED BY**

**JOHN H. TILDEN, M. D.**

**Editor and Publisher of**  
**"STUFFED CLUB"**

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**Written in a semi-technical style for popular as well as**  
**professional reading**

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**It is the author's opinion, verified by years of practical experience, that**  
**laymen should be well informed on all subjects pertaining to**  
**health, and that the more they know, the better**  
**success the attending physician can have**

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# CHOLERA INFANTUM

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## CHAPTER I.

*Definition:* Cholera infantum is an inflammatory disease of the alimentary canal that prevails in the summer months, and in some localities it is the cause of more dread and anxiety to parents than any other disease peculiar to childhood, because it is fatal to so many of their little ones between the ages of one and two years.

There are other diseases in the same class which should be known and understood, for if they are not they will be confounded with cholera infantum and cause unnecessary anxiety. They are called by various names, such as: Gastro-intestinal catarrh, summer diarrhea, summer complaint, and gastro-enteritis.

If the disease is confined to the stomach it is called gastritis; if it involves the stomach and the bowels it is known as gastro-enteritis; if the small intestine is affected without involving the stomach it is enteritis; if there are copious discharges of mucus the name applied is muco-enteritis; if the disease affects the large intestine, as well as the small, it is called entero-colitis, ileo-colitis or

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diarrhea; if the rectum becomes involved it is dysentery.

When the disease is located in the large intestine and rectum it is usually more inflammatory in character than when located in the stomach and small intestine.



## CHAPTER II.

*Etiology:* The etiology or cause of this disease is not one thing, nor a few things, but many things.

A predisposition to stomach and bowel trouble in infants is often laid during the gestation period. Mothers often live in a haphazard way, aping custom, as unconscious as fools that their every act, thought, and deed not only shape their own lives and destinies, but also the lives and destinies of unborn human beings whom they are calling into existence without their consent.

How few mothers realize the awful responsibility as well as the divine privilege of child bearing! Of those who have the comprehension I will ask: What is there that can equal the privilege of being the author and builder of a human being? I shall take pleasure in pointing out to those who would be real mothers—mothers of superior children—and willing to be taught how to liquidate their debts to nature, in some small part, and know how to avoid, as much as possible, handicapping their prospective children with physical and mental weaknesses; to these I shall point out, not only in this book, but in others I shall write, in what way mothers do their children harm and in what way they can do them good.

Because of conventional customs and the general and prevailing ignorance, most children are brought into the world handicapped in many ways, all of which are entirely unnecessary.

Ignorance can be palliated in or conceded to the masses; but the leaders of society, the literary, ethical, and religious teachers have no excuse; hence the cause of sensuality in their lives, to the extent of disregarding the rights of their own children—to demand as pure and wholesome a conception and gestation as the knowledge of the day will permit—must be ascribed to *degeneracy*.

Prospective mothers are too often given over to cultivating sensuality, satisfying morbid appetites and desires in eating, drinking and otherwise living unwholesomely and unwisely.

There is a dietary fallacy, quite wide-spread and unfortunately too generally practiced for the good of the children, namely: "A pregnant mother should eat for two." Beside this fallacy there are others too numerous to mention. It is generally believed that mothers should be indulged in everything they wish, that it is unwise to deny them anything, especially in the eating line, and as a result of this false teaching many indulge themselves to such an extent that they soon cultivate many morbid desires, and in undertaking to satisfy them they bring upon themselves a very perverted state of health, both physical and mental. The stomach suffers greatly from

indigestion, as a result of being oversupplied with food, and the prospective mother becomes very irritable. I have seen many who lived so irrationally that they made themselves and those around them miserable during their entire pregnancy.

If a mother would have an obedient child—a tractable, lovable, reasonable, sensible, healthy, and wholesome child—she should live the life herself. Why should mothers expect temperate, moderate, and sensible children when they live lives just the opposite?

A mother who holds to the childish notion that her wants, whether they are good, bad or indifferent—sensible or silly—should be indulged to keep the child from being marked, should know that the worst possible mark of inheritance for a child is to be born with no self-control—with no higher ambition than to live to gratify appetites.

We can't expect figs from thistles, neither can we expect children with self-control from mothers who have none.

If a mother conceives in lust and gratifies every abnormal craving, and keeps her nervous system at a high tension from food poisoning, the child must come into the world abnormal, for how is it possible for it to be fed by her blood and not suffer from the perversions from which she suffers?

If mothers would have normal children they must live normal lives.

Morning sickness comes from nervous irritability due to constitutional food poisoning. I mean by constitutional food poisoning that the individual has been eating and living intemperately; more food has been eaten than the system can take care of properly, and as a consequence of this imperfect digestion or combustion of the food there have been retained in the body by-products and other waste materials. These people are said to be uric acid poisoned.

A body surcharged with such material is in a state that I call *constitutional food poisoning* or *constitutional catarrh*. People in this physical state have catarrhal inflammation of different parts of their bodies. Women have catarrhal inflammation of the womb, and especially of the neck of the womb. When they become pregnant they are sure to have morning sickness, and this sickness will always be in keeping with the severity of the local inflammation as well as the constitutional catarrhal state.

It is well to know that a healthy woman will not have morning sickness; also that she will have neither painful menstruations nor painful labors.

Child bearing is as natural as breathing, and when it takes place in a normal, healthy woman it will be devoid of suffering. Painful labors, painful menstruations and morning sickness are

unnecessary and are really indications of a *wrong life*, which, if continued, will lead to one of the many diseases for which women are sent to the operating table.

The further from a normal standard of health the mother departs the less resistance she will have to impart to her child. The nervous irritability that mothers have during the gestation period must leave its impress upon the children born under such circumstances, and after they are born they must of necessity be nervous and hard to care for, because of their morbid inheritance.

Many, if not all, children born under conventional circumstances, are more or less encumbered with flesh; instead of weighing five or six pounds, they weigh from ten to twelve pounds, and because of this overweight mothers have long, tedious, and painful labors, and too frequently are forced into instrumental deliveries. As a sequel these mothers suffer greatly from bruises, contusions and lacerations. It matters not how careful the physician who officiates at such confinements is to be scrupulously clean, these women usually have enough septic infection to cause their milk to be unwholesome, and even if they escape having a light septic infection the severe labor breaks down so much tissue that the blood is deranged and the secretions, including the milk, are impaired to such an extent that before the doctor and the nurse are suspicious that

anything is going wrong the baby is very sick. This necessitates taking the child from the mother's breast, which is equivalent to weaning it, for the mothers are usually as much encumbered with flesh as the children, and because of this encumbrance, plus the blood impairment described above, they cannot be restored to health until long after they have lost their milk.

It is customary under these circumstances to use breast pumps. Years ago I had my experience with this plan of practice, and of course it was not satisfactory or I should not have abandoned it. I found that when the pump was used the breasts were more or less bruised and that the bruising caused inflammation and suppuration. In time I proved to my own satisfaction that there were more abscesses following the use of the pump than when it was not used; I also found that when there was sufficient physical derangement of the mother to impair the milk, rendering it unfit for the child, the tendency was so strong for the secretion to dry up that all efforts at retaining it, by keeping the breasts emptied, were fruitless.

When a child is really made sick because of the impurity of its mother's milk it should be taken from the breast and her milk allowed to dry up. There should be little danger of making a mistake, for the mother's physical impairment will show for itself; however, I have seen a few

mothers whose general appearance was so good that a slight septic infection from an unsuspected tear in the neck of the womb would not have been discovered had it not been for an unaccountable sickness in their children soon after birth, which caused a suspicion of septic poisoning, and an examination proved the correctness of the suspicion.

Convulsions in nursing children, not traceable to objective causes, will usually be found to come from slight septic infections of the mothers, due to injuries incident to child birth; hence it is well to carefully investigate all unaccountable sicknesses occurring in young children soon after birth, with a view of locating the trouble in a blood derangement of the mother and discovering, if possible, whether it comes from septic poisoning. I am quite satisfied that to this cause a majority of imbeciles, *non compos mentis*, and idiots owe their misfortune. If I am right in this discovery it is very important that everyone should know of it and endeavor to spread the information, so that such a calamity may befall as few helpless infants as possible.

When a mother's milk is suspected of causing the illness of a child it should be proscribed at once; I mean, of course, when the milk is suspected of being impure.

Children can be made sick by too frequent feeding or overfeeding of the purest milk from

the healthiest of mothers. Physicians have no excuse for not being able to distinguish between a sickness coming from impure milk and one coming from an oversupply of pure milk; even intelligent mothers and nurses should be able to make the distinction.

When a child is sick from an oversupply, it usually has a history of health—it has been thriving—everyone has remarked how well it looks and how fast it has been growing. It has a season of constipation, for one of the indications of an oversupply is sluggish bowels; for a while before the sickness comes there are curds in the stools and these milk curds increase until the child is sick.

When a child is made sick from impure milk it does not thrive from the start; that is, if the mother's milk is lacking in some of the important elements the child does not do badly, neither does it do well; it simply does not thrive as the parents and friends wish it to. As time runs on the baby becomes restless and those taking care of it begin to suspect that it does not get enough food; its face takes on a withered appearance; it shows more and more signs of marasmus. At last all decide that the mother's milk does not nourish, and a change to cow's milk soon proves that all the child needed was more nourishment. This is a simple case. Another type presents about the same symptoms with stomach trouble added. The child vomits occasionally and has unmistakable

colic or pain in the abdomen and an occasional, slight diarrhea. These little sicknesses do not amount to much, yet the child does not thrive, and, like the second type described, the emaciation becomes so severe that resort is had to artificial feeding, with the result that the child improves and the mother's milk is allowed to dry up.

The real septic poisoning case thrives perhaps for a week, and possibly two weeks. It may take the mother's blood from one to two weeks to become so contaminated that it poisons the child, and the first evidence of a sick baby will be that it has a spasm. Of course everyone is surprised; the mother has been getting on fairly well and is out of bed; she does not feel as well, perhaps, as she did at other labors, yet there is nothing worth mentioning to complain about. No one should make a mistake about the manner of disease coming from septic poisoning.

Of course it is unfortunate for a mother not to be able to nurse her child, but there are worse calamities, and the possibility of bringing on any one of the misfortunes referred to above is one; one that should cause a mother to decide very quickly that her duty is to stop nursing.

Taking the child from the breast under the circumstances referred to above forces artificial feeding on one ill equipped with digestive power and bodily resistance to meet the requirements. All such children have entered the world handi-

capped by physical derangements that are liable to stay with them throughout life. These children have such low resistance that they are made sick by every ill wind, and they are very fortunate if they do not meet with a sickness severe enough to cause their death before they are, through teething; yet, everything considered, artificial feeding offers the greatest hope for them when the mothers have septic infection.

A heavily encumbered child is necessarily an abnormal child. It is not only started in life with an excess of tissue, but it must, because of its great size, suffer from unusual bruising at birth; this bruising means much breaking down of tissue, which adds to the work of its eliminating organs; then if its fretfulness, caused by the soreness coming from the extra bruising, is interpreted as hunger, and the child is fed to excess for a few days, a fatal sickness may be brought on. A slight sickness—a little indigestion—is often converted into a fatal sickness in a few days, through unnecessary feeding.

When children show milk curd in their stools the amount of food should be lessened. If necessary—if fretfulness, fever and loose bowels appear—all food must be proscribed until these symptoms disappear. Here much trouble is brought on by changing food with the mistaken idea that the food the child is taking does not agree with it and some other will. I have known

of cases where the food was changed two or three times a day for several days, with no improvement; in fact, the babies gradually grew worse. Why should there be favorable results? It is a case of overfeeding, and how can a change of food relieve a disease caused by overfeeding? It is not food, but a fast, that such children need.

Another etiologic factor is fear. Many things cause fear. In some instances the mother may be depressed all through the gestation period because of worry about money matters, or the family income; or she may be fearful or anxious about the safety of herself or her child.

Some mothers are subjected to more or less abuse. Others live in unwholesome localities. Because of ignorance there is not enough attention given to ventilation, and beds are often old and unfit for use.

The world is full of "Job's Comforters" of all kinds. Those who disturb the peace of mind of prospective mothers are, however, the vilest, and I wish my opinion of them to get to their ears if possible. They certainly are the Devil's own. They make a business of retailing every story they ever heard of an unfortunate labor to all the pregnant women they can reach. If they read of someone dying, or hear of a desperate case of labor, where instruments were used and the child born dead, the mother lacerated, or had abscess of the breast, milk-leg, peritonitis, pelvic abscess, or any

other unhappy ending, they immediately go to every pregnant woman accessible, tell them all they have heard and enlarge on the story as much as possible. They take a fiendish delight in creating as much fear and anxiety as they possibly can. These morbid minded, brainless, senseless human creatures are the most despicable people on earth, and those who tolerate a second visit from them are not much better.

Women who live as they should are not nervous enough to pay much attention to such stories, besides they are too intelligent to associate with story tellers, but the women who do not know how to take care of themselves and are very nervous from wrong life are often driven to desperation by these horrible story tellers.

It is not uncommon for mothers to be abused sexually by ignorant or brutal husbands. This should not be. Not a few women meet with miscarriages and premature labors because of this abuse, and they are wholly ignorant of the cause. Children are frequently rendered so delicate by this abuse to their mothers that they are born dead or die soon after birth. Many children are born with fair vital resistance, but because of this prenatal abuse to their mothers they have not sufficient vital power to resist the ordinary influences incident to the lives of young babies; hence they require careful nursing and extra watchfulness to keep their digestions in order. Mothers

abused in this way do not furnish proper nurse for their children and are inclined to lose the secretion very soon after the child is born.

During the hot weather nursing mothers should not be subjected to sex or any other avoidable excitement. It is a shame that civilization needs to be cautioned on the sex subject. But what I am writing now on this subject will be a surprise to many intelligent readers, and if that is not a sad travesty on our popular education there must be something the matter with my power of reasoning.

Mothers should be allowed to forget the sex subject from conception to the weaning of the child. How many are? How many of our most intelligent people know that it requires as great care to bring forth ideal children as it does to bring forth ideal stock—horses, cattle, dogs, etc.? Does the reader say that all intelligent people know this? If intelligent people do know this, why do they not employ the best means known for child raising? Is man so perfect that he does not need to be improved? Is it a mark of wisdom for people to beget, gestate and rear children under influences that would fail to bring forth good stock—in fact, if practiced in stock raising would cause the stock to degenerate?

How long is humanity to stay in this dark age? How long will humanity suffer the blight

of sex ignorance and stupidity that now holds it in a death grasp?

So long as humanity will not be taught to do right in this matter, sick mothers and imperfect children must be the rule. This is a Christian civilization, but it lacks a great deal of being a moral civilization. When we boast of our righteousness, spiritual development, piety, etc., and know absolutely nothing about the first principles of correct generation, our religion is cant, and our boasting is an insult to order.

Is there one child in a thousand—yes, in ten thousand—correctly conceived, gestated, born and raised? If there is it would be a pleasure to know of it. Do we realize that humanity, as we see it to-day, is the product of ignorant haphazard; that man's possibilities receive absolutely no intelligent prenatal consideration and cultivation, in truth, neither pre- nor post-natal consideration of a scientific, eugenic nature? Yet, in spite of that fact, man's intrinsic worth keeps him from deteriorating, and, indeed, forging ahead a little. This being true, can anyone even imagine to what heights of perfection man will rise when he is subjected for a few generations to correct rules of development—when eugenics ceases to be talked about and becomes the rule of human government?

Few parents know that family quarrels are injurious to the unborn children, as well as to those who are growing in the home atmosphere.

Few mothers know that every time they give way to harshness and impatience, speak crossly and fretfully to their children, or lose their tempers, they are breaking down their children's resistance, weakening their hearts, and stupifying their brains.

Children thrive in an atmosphere of love, and it is positively necessary for perfect development. In an atmosphere of impatience, envy, hate and faultfinding, the seeds of physical and mental disease spring up and the delicately organized children—with nervous mental temperaments—die of cholera infantum, diphtheria and other diseases—that is what convention and the burial certificate say, but truth says they die from want of love.

After a child has eaten heartily of an ordinary meal, if the home atmosphere is unpleasant, if the mother allows herself to show a feeling of impatience, if she speaks to the child in a tone of unkindness, the child may be forced into a depressed state of mind, which is always followed by indigestion. The food decomposes and ptomaine poisoning results. Just what form or type the disease may take following this indigestion will depend on the environment; it may be a gastritis, or, if the environments are favorable—if the atmospheric conditions favor zymosis—it may be scarlet fever or diphtheria.

There is more sickness among children of the nervous mental temperament due to mental de-

pression brought upon them by unkindness of parents, guardians and teachers than from any other one cause.

In children of strong bodies and less mind, when subjected to the disease influences referred to above, the manifestation is in crime instead of sickness. Instead of pining away and actually dying of consumption, as many with the delicate nervous temperament do, they live, and the fruitage of abuse to such a type is crime.

Unkindness kills the very delicate; those with more power become invalids or develop unideally, while those with great physical strength grow into perversions of a criminal nature. If sufficiently intelligent, their crimes are kept well within the requirements of conventional morality, while the mentally stupid lift their hands against every restraint, and in the end come to grief.

The unkindness of parents to children is fearfully far-reaching; parents should become enlightened on this subject, for unless they do they cannot love—indeed, they cannot be kind. Love and kindness, to be true and lasting, must be founded on knowledge. We must know our duty.

I surely have covered enough ground to convince the reader that the causes of sickness in children are many and far-reaching; and many causes are of such a nature that parents must be informed before they can be overcome. The reader should see also how very absurd it is to give drugs

for the cure of a disease that is due to parental and professional ignorance.

Mothers should be well balanced—well poised. They should govern more by example than precept. It is not well to see every error, and by no means should mothers lose the respect of their children by detective work. Correcting must be done with enough tact to leave the impression on the child's mind that it is a very disagreeable duty, and distresses the parent as much as it pains the child.

Parents should try to be their children's best friends; unfortunately, this is not always true.

Any style of living that is not conducive to the development of first-class health in the ordinary individual is certainly unfit for mothers during their gestation period. Any life that is not ideal leaves its impress on the child, and this impression can be set down as one of the numerous causes leading to stomach and bowel derangements in young children, and much ill health of a different nature in older ones.



## CHAPTER III.

*After Birth Causes:* Many children are bathed so much that they lose their resistance; others are clothed too warmly, and most of them are kept in poorly ventilated rooms. Many people are afraid of fresh air; hence houses are closed to keep the baby from catching cold.

Very often babies are handled too much. Many are subjected to too much excitement. Young mothers desire to show their children, and in so doing trundle them about the country when they should be at home quietly sleeping. Many children are made sick in hot weather by being kept in the sun. All very young animals, including the human baby, must be kept quiet and away from handling if they are to thrive.

All mothers should know that they must avoid overheating their bodies—avoid excitement, anger, overeating—in fact, avoid everything that tends to derange the quality of their milk.

Years ago, when I did a country practice, I learned that Wednesdays were sick baby days. Mondays were wash days, Tuesdays were ironing days, and Wednesdays sick baby days. The overheating of the mothers at their work deranged their milk to such an extent that it poisoned the

babies and caused a stomach and bowel trouble commonly called gastro-enteritis.

I did my best in those days to prove to the people that there is no economy in having mothers work hard enough to overheat their blood, for they invariably pay out more to doctors than washerwomen cost, but humanity is very slow to learn and quite loath to give up cherished customs. Our fathers and mothers did so and so, therefore it is right for us to do likewise.

Over thirty years ago I did succeed in one instance, that comes to my mind, in convincing a very intelligent farmer—an Irishman—that his wife was injuring herself by hard work. She had a history of seven births, all premature except three, and they were still births. After these people were convinced of their error, they changed their mode of living, and have since succeeded in raising a family consisting of five bright, healthy children. This mother not only did not lose any more children before or at birth, but her children were so healthy that they required very little attention from physicians. So much for learning how to live.

It is a matter of record that angry mothers have killed their children by nursing them. Children are in danger of being thrown into convulsions by nursing milk from the breast of an angry mother, or from a mother whose blood is poisoned by worry. Any influence that depresses the

mother, or excites her or overstimulates her, ruins her milk, and this makes nursing children sick.

Overeating on the part of mothers is a common cause of sickness in nursing babies.

It is not uncommon for mothers to give young children a little food from the family table. *It is so cute to see the baby eat!* This is the cause of much stomach and bowel trouble in babies.

Hot weather is a very important factor in causing diseases peculiar to children, as well as other diseases, but not nearly so important as some people think. Hot weather favors decomposition, hence extra care and attention must be given to the food. Refrigerators, pantries and everything in which food is kept, and utensils used in preparing it and out of which children are fed, should at all times be kept scrupulously clean. Especially is this true in hot weather, for a carelessness that might do no special harm in cold weather will in hot weather start a digestive perversion requiring great skill to prevent disastrous results. Meats, vegetables, fruits and the dairy products take on retrograde changes much earlier in hot weather than when the weather is cold. This necessitates greater vigilance on the part of those whose business it is to take care of food. Intelligent industry is required to render the vandalism of civilization innoxious—I mean especially the crimes committed against the health of children. Great skill is required to meet and over-

come the lethal influence of social life on the offspring.

Crowded cities, with all their heat, filth, ignorance—food usually unfit for use, and the sunlight and air shut out and in keeping with such environment—give no hope to those unfortunate enough to live there, beyond a miserable existence. Those whose ancestors have existed in such environment for several generations have evolved a physical immunity; or a more correct statement would be to say, those belonging to a line of ancestors who, generation after generation, have been subjected to such environment as cities afford have evolved a physical type adapted to the requirements.

The young of the slums would suffer if removed to an ideal environment; perhaps not as much as a child from an ideal environment would suffer if moved to the slums, but nature requires time to adjust itself in either direction. A radical change always means suffering, even if the change is from bad to good.

That every person, old or young, high or low, rich or poor, takes into his body every day in hot weather more or less food that has taken on retrograde change there can be no doubt. This change in food is supposed to be rendered innocuous by cooking; that is, if meat has soured—become tainted—thorough cooking is supposed to overcome this change. The same is true of vegetables and fruit, but in spite of cooking and every other

precaution, as I stated above, everyone takes more or less decomposition into his system every day, and if he does not suffer on account of this it is because he has enough vital resistance to overcome the poison.

This retrograde change which I name decomposition is brought about by fermentation; fermentation may be divided into two types, namely, physiological and pathological. The converting of starch into grape sugar by ptyalin is a type of physiological fermentation. To bring this change about it is necessary that the starch, or the food containing starch, be thoroughly masticated and mixed with the saliva. If the food is swallowed without mixing it with saliva the starch takes on alcoholic fermentation when it comes in contact with the acid secretions of the stomach; this is a type of pathological fermentation.

When a child is fed beyond its digestive power a pathological fermentation takes place. Bacteriology teaches us that bacteria are the cause of fermentation; however, if the child's resistance is not broken down and it is fed within its digestive capacity the bacteria do no harm, notwithstanding their presence at all times from the beginning to the end of every life. This being true, it is unnecessary to take up more space with the subject.

In this connection it may be well to say that the best prophylaxis against diseases of the

stomach and bowels of all young animals is the mother's milk. There is an inherent property found in the milk of the human mother, and in the milk of all mammalia, which protects the nurslings.

It is declared on good authority that there are antibodies found in the blood and milk of animals, and that these antibodies have the power to destroy bacteria. If milk is boiled this natural protection is lost; if it is not boiled this property is not destroyed by digestion, hence it enters the body of the child and becomes an ally to health; or, in other words, it increases the bodily resistance.

The reason I am going to such great length in pointing out the many detrimental influences on child life is because it is necessary for the people to know all or they will not know what is necessary to do to secure the greatest health and mental development.

If mothers know that ill health and handicapped minds are gifts from them to their children, gifts wholly unnecessary and avoidable, they will get busy, repent of past crimes, and sin no more.

Hot weather favors fermentation and decomposition, and if decomposition does not take place in our bodies it is because we have the power to resist. Living flesh has a power that dead flesh has not, and besides this peculiar auto-resistance

which everyone has to protect him against the unfavorable influences peculiar to hot weather, the warm weather favors getting out into the sunshine and fresh air, and furnishes fresh fruit and vegetables, the juices of which depurate the system of the debris left over from winter foods, and renew the blood, all of which more than compensate for the disadvantages. If the vegetables are fresh and crisp, and are carefully cleansed with pure water, their juices are not only eliminative—cooling and cleansing—but they furnish tissue salts for cell building. Care must be used in selecting these foods, and all that are found imperfect—those that are taking on retrograde change—must be rejected.

Intelligence and cleanliness, with the sunshine and fresh air of the good old summer time, plus fruits and vegetables, are quite enough to obviate the evil effects of hot weather.

There is no excuse for not having much more wholesome homes in the warm weather than during the cold weather. Doors and windows should be wide open. Everything in the line of food disposed to ferment should be kept on ice or in cold water, and food products that are unfit to eat should be burned instead of being put in open containers and left in the back yard to decompose, feed flies and send out offensive odors. Such gases are not only offensive, but they are poisonous, and such filth draws flies and favors their

multiplying. The flies then become distributors of decomposition by carrying their filthy load to all parts of the country.

Every train that leaves a filthy town or city carries with it a lot of flies that are saturated with whatever decomposition they fed on last. It may have been a dead animal, the excreta of a diseased animal or man, the discharges from a loathsome ulcer, an abscess, or an unhealthy wound of some kind. It matters not what their load of filth is, they give no one a choice in the matter; they may deposit a part of it on the lips of a helpless baby; they may place an invisible load on a very choice bit of fruit, or on some tempting bit of prepared food, and if the unfortunate victim of this poison in disguise is very delicately poised between health and disease—resistance almost gone—this poison may be just enough—it may be *the last straw* and at just the right time.

Too little attention is given to flies, rats, mice, cats and dogs. Those who are in the chicken business or have anything to do with the raising of animals do not have the knowledge they should have to protect themselves and their families from the diseases these animals are capable of bringing to them.

There is positively no excuse for having flies in one's home. Waste from the kitchen that cannot be fed to animals should be burned. Odors

bring flies, and there is no excuse for odors; if everything that makes an odor is burned there will be no food for flies.

If the filth and poison created by a family could be confined to that family there would be no need of laws compelling people to clean up, but people who keep clean are compelled to fight against the poisons generated by their neighbors.

Rats and mice are capable of carrying a deadly load of decomposition into any house accessible to them.

They load their bodies with decomposition, and when convenient deposit a part of it on food that is to be eaten by people who haven't the slightest suspicion of the danger they are in. The domestic finds that a mouse has nibbled at a cake, a pie, a piece of cheese or some other food; she thinks nothing of trimming off the nibbled portion and serving it to the family. If she thinks anything about it it will be to congratulate herself on her economical traits. Perhaps the mouse has but recently left the carcass of a dead animal or been in contact with a worse poison of some kind. These animals have the habit of storing food, and their bodies are always charged with foul enzoötic and zymotic poisons, for their food and habitations abound in such emanations.

The domestic animals carry disease to children from house to house. Our health officers quarantine houses and restrict the going and

coming of the human beings, but dogs and cats, rats and mice, flies and other insects are as free as the air.

The household pet—the dog or cat—is allowed to stay on the bed to comfort little Johnnie or Lizzie Jane while he or she is confined to the house with diphtheria or scarlet fever, or possibly a suppressed case of smallpox. Of course, doggie or kittie must sleep in the arms of our sick boy or girl, and after the animal is tired of its confinement it leaves the house and visits the neighborhood. The neighboring children cannot visit their sick friend. If they did, the mighty health law would meet them at the door and say: “You cannot enter here; it is my duty to protect you and all others who are too ignorant to know how to protect themselves.” Of course these little folks are sorry, and to show their love for their sick friend they make a special effort to be kind to the doggie or kitty; it is taken in their arms and loved and petted and given lots of food, and because the little animal is lonesome it is persuaded to stay in the homes of the friends as much as possible until its master is well again.

Some dogs and cats will not be so familiar with the neighbors’ children and will refuse to be petted, yet they play with their dogs or cats and in this way send a good charge of the zymotic influence into neighboring homes.

Dogs have strong atavistic tendencies. They

may be washed, combed and perfumed as daintily as possible, yet if the opportunity presents itself these clean perfumed dogs crawl into a carcass and wallow in it. They appear to be unable to satisfy themselves when they have an opportunity of this kind. They usually act as though they wished to carry all the stench possible, for fear they will never have another opportunity. This is positively a dog habit, and one which is certainly not conducive to keeping a family of children healthy.

This knowledge should be in the possession of every family, so that people who want to be clean and avoid disease influences may know how to do so.

There is no doubt in my mind, after years of careful observation, that it is dangerous to the health of children to raise them in the house with cats and dogs. If animals must be indulged in, they should have a house of their own, and children and animals should meet in the open—on the lawn or in the field—but they should never be housed together.

The human animal should be the healthiest animal on earth, and the young of the human race should be well—sickness should be the exception—but, disgraceful as it may sound, the opposite is the truth. *Sickness is the rule!* And one of the reasons is the filthy, dirty habit of mixing the human animal with the domestic animals

and bringing them up in the same house, often in the same room, and not infrequently, disgusting as it is, in the same bed.

I do not love dogs less, but I love children more, and I say they are too good to mix with animals in social life. Too often cats and dogs are put in baby's bed. It is so cute to see baby pull kitty's tail! It is so funny to see baby pull doggie's ear! But it is a great deal *funnier to see baby pull the cat or dog up to its mouth and chew the animal* in the way babies have of putting everything in their mouths. Who knows what sort of filth the cat or dog has been in? These animals are not noted for their æstheticism—for body cleanliness.

It is true that it is hard for mothers and nurses to keep children's food and nursing bottles in a pure and wholesome condition in hot weather, but carelessness, ignorance, or a lack of skill should not be charged to the weather. A long dry spell of hot weather is very enervating to man and beast, but the heat *per se* cannot bring about stomach and bowel derangements without the aid of other causes, such as indigestion; and indigestion may be brought about by overeating, improper eating, the eating of poorly prepared food, or the eating of food out of containers that are improperly cared for. Indigestion may be brought about because of a perverted condition of the mother's milk, a few of the causes for which

I named when writing about prospective mothers; also by overfeeding and other disease-producing habits.

*Teething* and hot weather have been compelled to bear the brunt of the burden—they are recognized as the principal, if not the only, causes of this disease. If I should please myself in this matter, I would not mention teething as a cause of disease in childhood, any more than I would declare that “change of life” is the cause of the diseases occurring in women between the ages of thirty to fifty years—or the diseases peculiar to women at about the age when menstruation ceases.

There is so much depending upon a true knowledge of causation that self-respecting, conscientious minds should not be content with an explanation that does not explain, or accept a reason without questioning it, simply because it is time honored and inherited. Why should growing teeth create sickness? If growing teeth are the cause of sickness, why should not the growing bone, or hair, or finger nails create disease also? The development of teeth and the growing of bone and hair are physiological processes.

From abnormal influences we sometimes see physiological processes perverted; we then have hypertrophies and atrophies, and when these deviations are excessive or mixed we give them the name of freak or monstrosity; they are not nec-

essarily pathological in the strictest sense of the term.

When we are writing about disease, as we are now, we are dealing with the antithesis of physiology, namely, pathology, and how logic and reason can be distorted to the extent of declaring that a physiological cause can end in a pathological effect is more than I can understand. If this long taught cause of cholera infantum is true then there is an exception to the old rule that like causes produce like effects. We know that it is almost if not quite impossible to have exactly like causes; hence there must be a varying effect agreeable to a varying cause; yet it is impossible, I believe, to find in an effect anything that cannot be found in the cause if the cause be correctly analyzed. Again, pathology is recognized as the opposite of physiology; hence we can't reasonably expect health to produce disease or vice versa; yet there is a middle ground where we see one giving way to the other, and it is in this field where we may expect those standing on weak logical legs to become wobbly.

A child is abused by too frequent feeding, by excitement, by not being given sufficient rest, or its resistance is broken by any of the causes heretofore mentioned; it shows irritability; its mouth is tender; its gums are swollen, hot, and sensitive, and the good nurse and doctor jump to the conclusion that the teeth are paining the child. If

the child could talk it might be able to truthfully say that its head aches, and if its head aches the logic that attributes the sensitive gums, the sick stomach, and the bowel trouble to growing teeth could as reasonably say that the headache comes from bone or brain or hair growth.

Any environmental or auto-generated influences capable of lowering the vital resistance so that anabolic metabolism (constructive or tissue making) is suspended and katabolic metabolism (destructive or regressive tissue change) is increased does not take long, if feeding is continued under such circumstances, to overwhelm the organism with the ash of tissue change, and the fermented and decomposed food products. Mothers in this state furnish a milk devoid of antibodies (minus the elements of resistance that prevent or hold in check the influence of the bacteria of fermentation).

When feeding is pushed under such circumstances the building materials, instead of being taken up and converted into living tissue, become fuel for fever; the increased temperature creates great nervousness; the circulation of the blood is deranged, and we find determination of blood to parts that have been the centers of irritation. If the stomach and bowels have been abused for some time by overeating, improper eating, or if the teeth are in the eruptive state causing the gums to be surcharged with blood, in fact any

part of the body that is in more than ordinary activity will be the center for attracting determination, congestion and even inflammation when the circulation of the blood is accelerated by what is known as fever.

This is a point well worth remembering, for when the physician knows that food feeds fever and that fever feeds any irritation of the body by causing an increase of blood in the part, and this increase can range all the way from a slight engorgement to a distinctive congestion—so much congestion that inflammation and ulceration may be induced—he is then able to apply a rational treatment.

If the above explanation of the cause of irritability, engorgement, congestion and inflammation is understood, it will be easy to apply this knowledge to the disease under consideration, and not only that disease, but every other disease known to the profession.

The great sensitiveness of the gums in teething children is caused by the general systemic derangement. When these little folks are properly cared for, they will not be sick, and if they are not sick they will surprise their mothers by showing them a tooth every little while, without the slightest suspicion of sickness of any kind.

I wish to go on record as saying that there isn't anything pathological that can possibly come out of physiological processes—that if the func-

tions or secretion and growth are ever anything but normal it will be due to extrinsic influences.

It is absurd to believe that physiological processes, such as teething, ovulation, and menstruation, seminal secretion, the cessation of menstruation, and the secretion of gastric juices and perhaps other functions ever become so exuberant that they pass over to pathology. If these excesses or apparent excesses are investigated it will be found that there are extraneous influences which must be dealt with as causes, and if they are not all treatment administered or directed to these particular functions will be symptom treatment—palliating effects and never comprehending causes.



## CHAPTER IV.

*Pathology:* There is no need of saying anything about the pathology. Those interested can find all they desire in special works. The fact is, there is little to be seen when these cases are examined after death; very little evidence of inflammation, and often none. Young children are very susceptible to shock, and pain kills very quickly, before there is time or sufficient cause to create much inflammation.

When these cases assume a chronic form there are more changes to be seen after death.



## CHAPTER V.

*Symptoms:* Cholera infantum is, as its name implies, cholera in infants, and its attack is sudden. There is great restlessness, accompanied by fever, the temperature ranging from 102° F. to 104° F. Bowel discharges are accompanied with pain. To relieve these pains the legs are drawn up to the abdomen. There is usually bearing down, the child strains more or less at stool, and gives expression of pain at each movement; frequently preceding the bowel movement the child gags, or retches a mouthful of water or milk, the latter, if there is any milk in the stomach. The sickness of the stomach increases gradually, as do all the symptoms, until the vomiting becomes frightfully severe; and by this time the child has lost all power to retain anything on its stomach. The emaciation is so rapid that the parents and friends give up all hope of saving their little darling.

The bowels are sensitive to the touch and are filled with gas; in some cases this is a severe complication, because it increases the suffering, causes an acceleration of the pulse and breathing, and a rise of the temperature; the breathing becomes oppressed.

The thirst is extreme, and this is often mistaken for hunger and food given, much to the detriment of the child. In fact, this is the fatal point in the disease; it is here that the question of life or death is to be settled. The clinician, the real physician, fights a winning battle at this point, and it is here that the novice, the doctor who has his business yet to learn, ignominiously fails, and in his ignorance kills the patient.

The vomiting is frequently the first symptom; then restlessness increases every moment, and by the time the diarrhea is fully established everyone recognizes that the child is very seriously sick and is sinking rapidly.

The stools may be yellow or whitish-yellow or tinged with green at first; in a very short time they become a grass green, showing white lumps of milk curd. There is an excess of fluid, some gas, and when there is much gas it causes the stools to look frothy.

The disease may be severe enough to kill in twenty-four hours or the symptoms may decline after the first twenty-four hours, and from this time on the child may convalesce; if the treatment and nursing are bad the disease will pass into gastro-enteritis.

Cholera infantum proper is of twenty-four hours duration; after that, if the child remains sick, the disease assumes one of the types given in the nomenclature.

Some authors give the duration of cholera infantum as six to eight days. Probably they are just as near right from their standpoint as I am from mine, and if we understood each other we might be of one opinion.

After twenty-four hours, if the disease has not spent its force and the child is still alive, the bowel movements continue in frequency and contain more mucus, and at times specks or very delicate streaks of blood, and the fever remains about the same. The thirst is consuming: the child will put anything in its mouth. The restlessness is marked by a rolling of the head from side to side and throwing the arms and legs from one place to another.

Occasionally these cases start with convulsions and quickly sink into a stupor or comatose state, from which they gradually sink into death. Again, the stupor may be light, the eyes partly closed, and the child becomes more restless and cries at every bowel movement.

In the middle states, where the summers are hot, children who have suffered a severe run of gastro-enteritis, following a severe cholera infantum, and especially children who are cutting their teeth, are liable to have relapses or remain in a half-cured condition. They are neither well nor sick, and every few days, or every week or two, they are liable to a relapse, requiring several days of careful nursing to bring them back to

their former half-sick state. The doctors of thirty to forty years ago did not pretend to cure these children; they congratulated themselves on being very successful if they could keep the little ones alive until the frost came in the fall.

The tendency in these little patients is to lose more and more of their digestive power, so that at last the least variation from accustomed food brings on indigestion. Many appear not to have power to digest enough to keep them from starving to death. It is not uncommon in the warm states to see veritable skeletons—children reduced to skin and bones—waiting for frost to come, but, unfortunately, death too often comes first.

This disease presents types all the way from an attack that kills in twenty-four hours to a very light attack of indigestion, and, while the different types are given names which enable doctors to understand each other when describing their cases, it can be said that, from the lightest to the most intense form of the disease, taking on all the different complications elsewhere named, they are all the same; the difference is simply a matter of intensity and location, and, so far as the treatment is concerned, it must be based on a common etiology.

## CHAPTER VI.

*Preventive Treatment:* An ounce of prevention is worth a pound of cure; hence it is my desire to get this book out as early as possible, so that mothers may begin before the very hot weather to fortify themselves against having sick babies this summer.

It is the duty of every mother to get her system in as healthy a state as possible. If the mother is not in good health, and she is the source, and often the only source, of the child's food supply, how is it possible for the child to be well? No one would knowingly use the milk from a sick cow; then why use human milk under the same circumstances?

If mothers will read carefully the chapter on etiology, or cause of sickness in children, and take home to themselves the part that belongs to them, and then govern themselves accordingly, they will be able to prevent much unnecessary suffering and sickness in their families.

*Care of Mothers:* If the children are fed from the breast, mothers should feel their responsibility and make whatever personal sacrifices are necessary for the good of their children. A mother who is unwilling to make any personal sacrifice necessary for the health of her children

is not human, and she is unworthy of the respect of animals. She is a fiend.

Overeating and eating rich, indigestible foods must not be indulged in. Eating should be regular and the food should be plain and thoroughly masticated and insalivated. There should be no eating between meals, nor drinking of tea, coffee nor light alcoholics, either for pleasure or for the purpose of increasing the flow of milk.

Every day the mother should rest and avoid all forms of excitement. She should go to bed at nine o'clock and get up at six; then have a nap of thirty minutes or an hour in the middle of the day. Take enough exercise for health, either two or three walks daily, or some other form of light exercise, or light forms of housework. Idleness should be avoided; the mind and body should be employed all the time, but strenuous physical work should not be indulged in. Reading should be select: classical novels, history, biography, natural history, essays and the better poets. All reading should be of such a character as not to affect the emotions, and should be elevating and mind strengthening.

A woman who does not feel the responsibility of proper child bearing and child raising had better be humane enough to refuse to assume the responsibility; and men who are not willing to aid the women—wives—to take on this responsibility had better stay single. When either one,

in a marriage contract, is not willing to make whatever personal sacrifice is necessary for the physical and mental good of the children which are a necessary sequence to the marital state, he or she should have the manhood or womanhood to keep out of such an arrangement, and live the life each desires honestly, without seeking to cover it with a cloak of respectability and legality.

A woman who has lost her animal instinct for protecting her young, and who has not evolved the moral and ethical instinct for protecting her children had better stay out of motherhood. It is against the laws of the country to destroy infants, but it is kindlier to do so than to curse them before birth, so that the law will have to kill them after birth.

Poise is what all mothers should be ambitious to attain for then they may hope to impart the same qualities to their children. Mothers who have neither self-control nor poise need not hope to have a desirable influence over their children. It should be the ambition of all mothers to be successful in child raising, and they should work diligently to know all that is necessary.

*Care of Children:* If mothers are bathing their children too often they must be instructed. Cleanliness does not mean tub bathing to the extent of physical exhaustion. One or two tub baths each week is enough; then wash locally, making use of just enough water for cleanliness.

Beside the care of the skin above suggested with water, an air bath once or twice a day, preceded and followed by an open hand rub all over the body is a very important health measure for children. The air bath is worth more to delicate children than water bathing. In fact, the nude air bath is worth more to all children than any other kind of bathing.

When the weather is warm enough, spread a comforter on the floor, take all the clothing off the child, and, after rubbing it with the open hand all over its body, place it on the comforter and allow it to enjoy its nakedness, which it will do if it is well, for all children enjoy the bodily freedom of nakedness. Use common sense in giving the nude bath; don't allow the child to become chilly. Neither young nor old stand chilling well.

After the child has been nude for a half-hour or an hour (if the day is hot allow the child to stay nude as long as you please), rub it thoroughly all over and then clothe it.

Children's clothing in hot weather should be very simple; indeed one garment should suffice, and no doubt would if convention approved. The more children are naked the better, avoiding, of course, chilling.

These nude baths should be kept up throughout the year. In winter have the house at summer heat and allow the children to be nude at least an

hour every day if possible. The more nude air baths and the fewer water baths the better.

*Feeding:* I advocate the feeding of children from birth three times a day, no oftener. Never through the night.

Since I differ so widely from the general plan of the profession and the common practice of the people in the matter of feeding young babes, perhaps I should give my reasons for so doing; hence I will say that when I came out of college I started to put into practice what I was taught by teachers and books. The frequent feeding plan was advocated, and all other plans of caring for the little folks that were sanctioned by the best authorities were adopted. My success, it is needless to say, was not satisfactory, or I should not have kept squirming about endeavoring to find a better plan. From the first patient I ever had to the last one I have prescribed for, I will say that the nearer my treatment corresponded to the treatment I gave to young animals in my childhood the better my results. In my small boyhood I had great experiences with chickens, kittens, pups, rats, mice and other animals. After storms I had many chickens to nurse back to life; it was no uncommon thing to rescue a chicken, a kitten or a pup from the slop barrel. To clean these animals and make them warm and comfortable, and nurse them back to full health was one of the greatest joys of my child life, and the experience I gained serves

me to this day. I am free to confess that this child experience was worth more to me when I entered into the actual work of my profession than all the knowledge I ever got out of books or lectures. This may not be very complimentary to medical science, and some may jump to the conclusion that my medical education is sadly deficient. What others may think can't possibly change the truth of what I have stated.

What did my experience teach me? It taught me two or three vital therapeutic measures that will stand as solid as the universe, and will never be supplanted nor extinguished until time is no more. Those measures were then and are now: Warmth, quiet and abstinence. These little patients required a comfortable, warm bed, and then absolute quiet. I learned that they would not do well if handled; then followed the great lesson that humanity is so slow to accept, namely, abstinence from food until all shocks, irritations and fevers are gone. These little dumb animal patients could not be forced to eat, and I learned that when they took nourishment it was a sure sign that they were getting well. These little patients were not worried about starving to death; they would not take anything but water until very much better, and then, when they could stagger to their feet and take a little food, the amount was so small that, to my boyish mind, it was almost the same as not eating anything; but the small

feeds were followed by others a little bit larger, until full health and the usual hunger returned. Neither the patients nor their doctor worried about ingesting enough food to supply the proper number of calories and the right number of grains of proteids.

All the patients wanted was to be let alone after they were made warm and comfortable; they always said as plainly as their dumb tongues could talk that they did not want food, and they would not want any until health returned.

When as a physician I was called to see my first baby cases I instinctively thought of warmth and quiet, and thought it strange that they would take food. I gradually learned that these little patients were not hungry; that the reason they took nourishment was because they were thirsty, and were forced to take food because the mothers were afraid to give them water. As soon as I satisfied myself that children did not differ from other young animals I began my crusade against feeding sick babies.

I began to try to reason out why so many children should be sick and why so many should die. In the course of time by close observation I proved to my own satisfaction that there could be but one leading and over-all-dominating cause, and that was overeating or overfeeding, and by easy stages I finally came to the conclusion that if children are not handled—if they are let alone,

as they should be—they will sleep about twenty-three hours out of twenty-four, and if they are not disturbed except to make them clean and comfortable they do not wake up oftener than about three times a day; hence I do not hesitate to say that three times a day is as often as a child should be nursed, for those who are fed oftener must be awakened to be fed. If they are awake and fretting it is because they have been abused in handling and feeding, and are in reality sick.

Allow me to go on record in this matter as saying: If a child is awake and fretful, apparently demanding food every two hours or oftener, that child is sick, and should be dealt with accordingly.

Children are thirsty either from being fed too frequently or because the mothers eat too much salt; hence always have a bottle with a rubber nipple to use as a drinking bottle. When a child is restless between nursing times and through the night, its position should be changed, and it should be given water out of the drinking or water bottle. The water should be warm, neither hot nor cold. It is a great mistake to believe that a baby is hungry and requires food every time it frets or cries; the fact is that it needs water or to have its position changed.

I sometimes agree to four feeds a day and none through the night, but three feeds are better. It is not overgrowth we should strive for with children, but a good, substantial, slow increase in

weight in keeping with normal growth. It should be the mother's desire to prevent, if possible, the child from becoming too stout. There is a foolish belief quite prevalent that the larger and fatter the baby the healthier it necessarily must be; this is a grave mistake and leads to trouble. Overweight in children means disease just the same as it means disease in grown people. If mothers could be made to see the fearful price they pay for keeping their babies fat they would hasten to learn a better plan of feeding. Children who are overweight are more susceptible to disease influences than are smaller and lighter children. The fat, chubby baby, everything else being equal, is always the one to take the croup, tonsillitis, diphtheria, scarlet fever, and when a few years older, pneumonia, rheumatism and others of the common diseases.

*Constant Sickness:* Show me families who suffer constantly with sickness and I will show you families given to the very bad habit of eating too often, too much, and too rich food.

*Sleep:* Children should sleep a great deal and always in a bedroom supplied with an abundance of fresh air. Avoid drafts. Don't allow children to sleep in a draft, but the air in their bedrooms must be as good as it is out of doors if possible, or they cannot thrive physically and mentally. Use artificial heat if necessary to keep the children warm, but never abuse them by closing out-

side windows and compelling them to breathe impure air all night in their bedrooms. Many parents do this because they are afraid the children will catch cold.

*The Food:* The food for nursing babies must be the mother's milk if possible; if not, then the right kind of a wet-nurse. In the selection of a wet-nurse care should be exercised. The hints given regarding parentage, and the care that mothers must give themselves to insure proper nurse, apply to wet-nurses. A wet-nurse who will not take the proper care of herself and who is exposed to influences that render her milk unfit for babies should not be employed; it would be better to use cow's milk. If a wet-nurse is not available, use the milk from a cow that has recently come fresh, and the milk should, when possible, be given to the child fresh and warm from the cow.

*Milk:* Care must be exercised in the selection of milk. Just any milk from any cow taken at haphazard will not do. Where it is possible, the cow should be known to be sound and healthy and well cared for. The cow's food and water supply should be the best possible. Where the cow is kept has so much to do with the wholesomeness of her milk that no one, interested as a parent should be, can afford to neglect inquiring into or personally inspecting to find if the environment is as it should be.

A cow that is kept in a dirty, ill-ventilated barn can't be well, and if she is not well she can't give pure, wholesome milk, even if she is fed good, clean food and water. Many barns, in fact most barns, are not properly ventilated, and when there is an accumulation of manure, of months, and sometimes years, standing in the barn and barnyard, saturated as it is with urine, the constant breathing of this foul emanation poisons the cow and breaks down her resistance. Her milk will be deprived of its normal resistance to the influence of the bacteria of fermentation, and as a young baby is low in this power—normal resistance—the consequence is that when it is fed this kind of milk it ferments very quickly, and the child is made sick.

The cow must be kept in a clean stable or barn, and she must not be abused. Often milkers are abusive. There is no occasion for anything of the kind, but it is a fact that there are a few human beings possessed of devils, and the demon in them is plying his vocation at all times. Such a character could not turn a cow out of the barn or house her without giving her a vicious kick, or punch at least, and if she should make a sign that she really felt it his indignation would manifest in much abuse. There are people perhaps who have not seen the worst types of the human animal; there are many people everywhere who do not see much of anything as they pass through

life; but observant people have seen human animals abuse a horse or some other animal for no other reason than that the animal could not anticipate or read their minds. I have seen horses lashed, jerked, and beaten over the head by brutal men because the animal had started to execute an order that had been given it, but which the human fiend had countermanded in his mind but had not yet expressed.

When cows are taken care of by such human beings, and it can be known, the milk from such a cow should not be given to babies, for no one can tell when the animal will be abused enough to render her milk unfit for use. Such milk is liable to kill a child.

When it is impossible to secure milk from a cow that is healthy and properly housed, fed, watered, and kindly handled, it would be well to secure a goat, on account of their being small and much easier to take care of than cows. There is no good reason why they should not be more generally used, especially in furnishing milk for children artificially brought up.

In large cities, where it is impossible to have a special milk supply and the people are forced to buy milk in the open market, or as it is supplied by wagons and milk depots, such milk should not be fed to nursing babes. It must be scalded before it is used. Either scald the milk that is furnished by dairymen or use Pasteurized milk, neither of

which is desirable; in fact, I do not believe that these milks are better, from a nutritive standpoint, than are the condensed milks found in the markets of the country, and not nearly so safe from the standpoint of food poisoning.

There are many brands of artificial foods on the market, and there are tons of these foods used in this country every year, but, so far as being of real benefit is concerned, it is doubtful if they are beneficial when it comes to supplying a need that can't be filled by something of greater food value.

I do not say this from lack of experience, for I have had years of experience. I once believed that most of the better brands were really of great use, but I discover after a thoughtful retrospection that I have gradually and unwittingly entirely abandoned the use of all of these foods, and it has come about not because I love them less, but because I love natural foods more, and, of course, secure better results with them.

This is a change that must come to any physician who gives intense thought and attention to foods and their actions in the system, in the absence of drug influence.

The more we become acquainted with food the more we learn the importance of securing a perfect environment in which to produce it, so that it will be possessed of auto-protection sufficient to resist bacterial fermentation while it is being digested.

This is exceedingly important when the subject of infant digestion is under consideration. It is very important that those who are nursing and treating infants be capable of recognizing and selecting a food that will carry into the child's body not only repartive material, but vital force—power of resistance—as well.

If all these sources of food supply fail, then condensed milk or the foods that are on the market may be used.

*Avoid Overfeeding:* To avoid overfeeding should be the endeavor of every mother and nurse, for it is easier to keep a child well than to cure it when it is sick.

If children were started on my plan of taking food three times a day, there wouldn't be much danger of overfeeding; but those fed every two hours, night and day and every time they cry, can't help becoming overfed, and it is only a question of a very short time when children fed in this way must fall sick, and if they do not die the groundwork for a life of invalidism will probably be laid.

Overfed children are fretful, cross, irritable and hard to take care of. They are hard to put to sleep at night. I have known of children so spoiled in this way that it required from one to two, and sometimes more, hours every evening to get them quieted down for the night. Such children are sick, and there are two principal factors

in the cause, and they are lack of discipline and overfeeding. The cure for these children is simple, but it requires a little determination on the part of the parents, which isn't always forthcoming, for more parents are qualified for raising hogs than for raising human beings.

It is necessary to feed these children very lightly for a while. The feeding that is being practiced between meals must positively stop; then these spoiled children are to be put to bed and allowed to cry themselves to sleep. They must learn at once that they cannot buy anything by crying. This is one of the worst health destroying habits of childhood, for there is always ill temper at the bottom of this habit, and nothing ruins digestion so surely as ill temper.

*Bottles and Their Care:* When children are bottle fed the bottles must be washed as soon as the children have finished nursing, then scalded for a short time in water containing concentrated lye; then allow them to stand for a few hours in pure, fresh water, or if possible allow them to stand in running water; after this they should be left in the sun until needed. Enough bottles should be used to give each one at least a whole day in the sun each time after it has been used.

## CHAPTER VII.

*Preventive Treatment*, continued: The first signs that should attract attention are those of finding particles of curd in the child's stools. This should receive immediate attention. It is very foolish to wait for the child to get sick before doing anything, for so sure as the feeding continues (without change) in the same way that has brought on a show of the curd, the child will become sick. Many children appear to be quite tolerant of this symptom, and will remain apparently well, even after the bowels are very constipated, and every evacuation shows a cheesy mass—a white curd showing almost no digestion; however, the evil day will come, and the longer it is in coming the more difficult and tedious will be the recovery.

The question of how much to feed and how often will never be settled, for there will be those who advocate feeding every two hours, and others every three hours, and others every four hours, and still others will contend that the child should be fed as often as it will take it, and again others insist that the feeding must be as often as the child wants it, which to them means every time the child is restless or fretful.

There is but one correct plan: it is impossible to say how much a child or an adult shall eat; the

amount must vary in each individual case, and with each individual the amount must vary in keeping with the state of health, activity of body and the atmospheric and thermal changes.

If an infant is properly cared for from birth it will not be awake oftener than two or three times—we will say three times—in twenty-four hours. This, then, I assume is as often as nursing children should be fed, and I have succeeded in influencing a few mothers to feed their babies according to this plan, and the results have been gratifying, indeed. The children are smaller and very active, and much stronger and brighter than children fed in the ordinary way.

I am compelled to compromise with most mothers, and permit four feeds a day, and then the majority will sneak in an extra feed at night, which, of course, the baby has to pay for with occasional sick spells.

Children fed three times a day will not be troubled with constipation and will not have white curds in the discharges from their bowels. Yes, they may be given all they will take at each feeding. They should have all the water they want between meals.

Those fed four times a day should have fruit for the ten o'clock morning meal. At what age should they be fed fruit? They are old enough to be fed fruit and raw vegetable juices when they will take them.

Every child three months old should be taking a little, all it wants. Lettuce, tomatoes and berries, run through the vegetable grinder and the juice expressed, is the only preparation needed; no dressings, such as salt or sugar are necessary.

A regular meal should be given at six a. m. and a fruit and vegetable juice meal at ten a. m. If the child is young and has not learned to take the juice, whatever amount it will take may be given, then allow it to nurse to satisfaction; but as soon as it cultivates an appetite for the juices and can take enough to satisfy its hunger it should then have three regular nursings and one fruit and vegetable juice meal each day. No child should ever be fed through the night.

If these suggestions are adopted and followed there will be few sick children. When children are started on three or four feeds a day they may have all they desire at a feeding, but if white curds begin to show, lessen the quantity or drop out one of the meals.

If a child grows thin and really loses weight after the second week it will not be an indication that it is not fed often enough. My experience has been that the mother's milk is deficient in some of the important elements, or that she does not give enough; in either event the child should be allowed to nurse its mother until it has taken all she can give, and then follow immediately with one, two or more ounces of cow's or goat's milk. If pos-

sible, have the milk brought from the animal and fed to the child while it is warm.

If it is proven that the mother's milk is, without doubt, devoid of proper nourishing qualities, or that it carries a taint of septic poisoning, caused by a suppurating laceration that is slowly healing, or possibly refusing to heal, the child should be unhesitatingly taken from the breast and put on other food.

The answer to the question, "How often should a child be nursed?" is, three or four times in twenty-four hours. "How much?" All it will take. If it takes too much, curd will appear in the bowel passages; then the amount must be lessened; if it does not get enough, the sign will be a gradual wasting—gradual loss in weight; this must be met by increasing the amount, not the frequency of feeding.

*Reduce the Food Intake:* As soon as white curds show in the stools the child's food supply must be reduced. If it is nursing the mother or wet-nurse, allow it only two-thirds of the time at breast that it has been given before; if this is not enough, cut the time down to one-half, and when the symptom has been overcome, gradually increase until it is taking the original quantity. If the child is taking milk from the bottle, treat it the same way.

If the child is six months old or more, a very good plan is to give it the regular food night and

morning, and at noon feed it fruit. Fresh blackberries are good. Run them through a fruit or vegetable mill and grind them; then press them, securing the pulp and juice without the seeds. Give the child all it will take. Or grind lettuce with strawberries, blackberries or tomatoes, express the juice and give a feed of this mixture. If lettuce is ground and mashed to a pulp and mixed with either the berries or the tomatoes, it can be given to all children old enough to take it, and any child is old enough when it will take it and enjoy it. Such foods as this given in the place of a regular meal will strengthen digestion, and is antidotal to any tendency to fermentation.

When the signs of indigestion have been neglected until diarrhea is brought on, all feeding must be stopped at once. If there is fever a warm bath should be given; just before the bath the bowels should be washed out with a warm enema—a teaspoonful of soda in a quart of water. After the bath the child should be rubbed from head to foot, especially the spine, and then it should be induced to sleep, if possible. If there is thirst, give water freely; if the child is not satisfied with water and demands food, give some fruit juice in water. If there is no fever, give the blackberries or dewberries; if the berries are not to be had, give orange juice or lemon juice and water, using a very little sugar with the lemon, but not with the other fruits.

Keep other foods away until the bowels are all right, even if it requires two or three days, or even a week. Don't be afraid to keep food away from a sick child, for it will be getting well every minute that its regular food is kept away from it, and given water if there is fever, or fruit juice or fruit if there is no fever.

This is one of the most important prescriptions that I make, and if carried out boldly, decisively, uncompromisingly, and without wavering one iota, a cured child—victory—will be the reward; but if those in attendance are lacking in courage and waver or compromise by allowing “just a little” food before the symptoms that demand the fast are cleared up, failure is sure, and, of course, the plan of treatment will be made responsible for the lack of skill and efficiency of a shilly-shally, milksop carrying out of the policy.

My plan of treatment will not fail. If those who undertake to treat the sick according to it fail to secure ideal results, it will be because they do not understand it, or they lack tact in securing the co-operation of those interested.



## PREPARATORY TREATMENT.

### CHAPTER VIII.

*Preparatory Treatment—The Sick Room:* The first thing to do when a child falls ill with this or any other disease is to prepare a comfortable bed, in a room as far away from the busy, noisy part of the house as possible; also as far from the street, its dirt and noise, as can be. The room should be light and airy, and provided with a fireplace, so that the chill and dampness of a contingent rainy day can be overcome by a quick fire. The room must be one that can be thoroughly ventilated and the windows must be wide open day and night. See to it that the windows are not placed so that the gas from a neighbor's vent pipe—what is called the soil or ventilating pipe—blows into the room. It would be well if the walls of the room were plain. When walls are decorated with figured paper nervous patients are inclined, when the temperature is high and the circulation rapid, or arterial pressure strong, to build in their imagination fantastic figures which may lead a vivid imagination into more and more excitement, until co-ordination is lost and convulsions ensue.

There should never be more than one person at a time in the room with a sick child. If possible the mother should not be the nurse of her

own child. The rule is that strangers can handle sick babies better than mothers can. This is especially true where the child is fed from the breast. It is an unfortunate fact that the majority of mothers are poor nurses, and there is another unfortunate fact to go along with the first fact, namely, these same mothers really believe they are good nurses.

There is a foolish sentiment held by some mothers—they think that it shows a lack of motherly love to turn their babies over to a nurse, but I think it shows a lack of good judgment when they do not.

From the beginning to the end of the sickness one person should have charge of the child. If a nurse is employed or the mother is to take charge, the matter should be definitely settled. Where there are several to look after the nursing and no one in particular many things are neglected, and there is more or less confusion; besides, there is often too much talking in the sick room.

To take proper care of a sick child requires all the time of one person; and if the nursing is started right and kept going in the right direction, the nurse will have all the time for sleep she needs, so that it will not be necessary to have a nurse for the day and one for the night.

It is impossible to take the proper care of a sick child when it is in a living room or in a room opening into a living room, for there is too much

noise, talking and excitement generally, all of which are positively antidotal to the first requirements of a cure, namely, *quiet*.

When a third person goes into a sick room it should be done so carefully that if the child is asleep it will not be awakened. Talking, when any is done, should be in an undertone; whispering is much more annoying than a low, natural tone.

Visiting in the sick room is low, ill-bred and vulgar. There is no other situation that tests true politeness so surely as the sick room, or the house in which there is sickness. The coarse, uncivil and ill-bred go stamping about like blind horses; if they have anything to say they say it at the top of their voices, and when they walk or go from room to room, or up and down stairs, everyone in the house knows it. If they handle a book or paper they get all the noise out of turning the leaves that is possible.

It should be the desire of everyone about a house in which anyone is sick to be as still as possible.

The sick must have rest, and often it is a question of life or death.

After an experience of over thirty-five years I am free to say that the suggestions I have made above regarding the room and nursing are equal to fifty per cent. of all that is important to do for the sick, and this fifty per cent., when secured, frequently decides the fate favorably.

*The Patient's Bed Dress:* The child should have several very simple garments made for it out of muslin or linen. They should be made on the order of a coat, to open in front, and in place of buttons a short piece of tape should be sewed every three or four inches on both sides, three or four inches from the edge; the length should reach six inches or more below the feet. This garment will be very easy to put on; open it, lay it on the bed so that its relation to the pillow will be such that when the child is laid down with its head on the pillow its arms can be slipped into the sleeves and the tapes brought together and tied and the child will be dressed without being unnecessarily handled.

I have seen very sick children in full dress. Parents of such children have very crude ideas of comfort, and common sense in all lines appears to be at a premium.

Those who are used to the modern practice of medicine, with its doping, feeding, and ridiculously officious nursing, will think that my plan is criminal neglect—that I do not do anything. Never was there a greater mistake than to think so. When my plan is adopted at the beginning of any disease it means the most potent and iron-clad prohibitions and inhibitions, and if carried out in a positive and exact manner success is a foregone conclusion. My plan says to a disease process such as we find in the disease under con-

sideration: "You have had your way until now; from this time on you are to obey me. It is true you have a potentiality amounting to something—much or little as the case may be—but it is not enough to continue your work for more than twenty-four to forty-eight hours, or whatever time is needed for you to spend what force you have without reinforcement; and this I absolutely refuse to permit you to have. You shall not renew your energy from any direction. You shall not have food out of which you manufacture poison; hence you cannot replenish your stock, which you are fast expending, and you shall not be assisted by anything that disturbs and breaks the rest of the patient, such as officious nursing, unnecessary anxiety of parents and friends, bad air, and neither last nor least, stimulation, irritation, and depression from drug action."

Indeed, I can say all that to the disease process, and it is not bluff nor bombast, for I can do exactly what I say.

What do I mean by officious nursing? I mean that nurses are trained to get busy and stay busy; besides, they catch this officiousness from doctors. The profession has evolved a trade habit; there is no poise nor dignity about the practice of medicine. The doctor is sent for; of course he is told to come in a hurry, and he does. He hurries to the patient, hurries through a perfunctory examination, hurriedly prescribes, and is hurriedly

gone. The nurse gets busy and keeps busy. If she permits more than thirty minutes to pass without putting something on her record, she feels that she has not done her duty. She must have something to show when the doctor returns. To fill this requirement there must be something doing. She can't make a report of any kind every thirty minutes without disturbing the patient more or less, hence the program is about as follows: First she gives drugs; then she follows with nourishment; next she counts the pulse, takes the temperature, puts on a poultice, fills the hot water bottle, rubs the abdomen, examines the tongue and reports on it, asks solicitous questions at all times, examines the skin for moisture and then for dryness, or sees if it is red; she interpolates everything with her perambulations around and around the room; she tucks the bed covering, adjusts the pillow, and much too often frustrates every effort of the patient in its endeavors to get a little comfort and freedom by throwing the cover off and freeing the feet and hands. Every effort of the little sufferer to get freedom is met by an insistent tucking under, *because there is danger of catching cold*. Nature is a fool; she should consult the modern doctor and nurse before making any demands!

Nursing often amounts to an eternal vigilance of an offensive character, because it robs the patient of all opportunity to rest. Nurses often

make the mistake of believing it their duty to be everlastingly and eternally in evidence. Nurses are not to blame; they are taught to do as they do; hence it is the nursing profession I am criticizing, not the good women who are deluded into believing that killing people is nursing. Such nursing, with the usual feeding and drugging, puts the sick in a state of nervous excitement that drives away all possibility of sleep.

If there isn't much the matter to start with, such treatment will make much the matter in a very short time.

When I treat disease it is on the order of laying siege. I cut off all possible reinforcement, and then there is not much to do except to keep quiet and wait for the enemy—disease—to starve out.

The first part of an attack of disease generally does not amount to much. Possibly one-tenth of one-tenth per cent. of all attacks of sickness is so virulent at the onset as to completely overwhelm the patient's resistance and cause death. The majority of attacks of disease are so light that the patients will recover in spite of almost any ordinary opposition, and because of this the world is full of fake cure-alls and visionary curing systems. But there is a per cent. which is small, between the very small per cent. that will die in spite of all, and the large per cent. that no illogical curing plan can kill, that needs skill. The skill

required is the skill of aiding nature and removing obstructions to her efforts at recovery; hence I say there is not much to do, but that little is, as I said above, iron-clad prohibition and inhibition, and consists of: *Don't feed the disease, and don't tear down the body by drugs and such nursing as I have described.* If the patient is old enough to think about his condition, don't discourage him by suggesting that the disease is dangerous. This is not always done knavishly or maliciously, but for the purpose of hedging. The doctor does not really know how sick the patient is; hence, for fear the patient may prove to be worse than he appears to be, the doctor declares that the sickness is very severe, and if the patient has faith in the doctor the pulse and temperature go up within a minute after such a statement has been made; this causes the patient to be worse before the day is over, and, of course, that proves the correctness of the doctor's judgment. I have often seen a cowardly patient, with a cowardly, ignorant doctor, get into great trouble, and where they stay with each other without calling assistance they manage to have a funeral.

Patients must have the benefit of the doubt. They must have encouragement where there is any to give, and any other practice is positively quackery, even if practiced by a very scientific and pious doctor. This malignant influence acts

through the mothers on infant patients ; they suffer as much as grown people.

Encouragement is always good treatment, and babies must have a great deal of rest and very gentle care. The voice must be low and gentle.

Rubbing very gently with the open hand is something that should be kept in mind, for it is beneficial to all sick people.

If the child is dressed as I have suggested above it is an easy matter to slip the hand to the bowels or back and rub very lightly until it sleeps. The rubbing should be a circular motion, with the ball or heel of the thumb representing the center of pressure. The circle is made from left to right and as the hand sweeps down, the ball of the thumb is pressed gently and as the hand comes back to the starting point the pressure is removed so that there is a simple contact of the hand with the child's body, and the circle is started again; this time the circle drops an inch or two below the previous starting point, and this is repeated till the hand has traveled to the end of the spine; then slip the hand back gently but quickly to the top of the spine or neck, and repeat. When this motion is perfected the rubbing is so quieting that most patients can be put to sleep in ten to twenty minutes.

Just as often as the patient is restless it must be rubbed. The first few days of sickness the child may need to be rubbed half the time, but all

concerned may congratulate themselves that no harm is being done, and this cannot be said of the usual means employed to bring about quiet and sleep.

If the temperature is above 103° F. ice should be pounded fine and put in a rubber bag, and the bag placed on the abdomen, having first placed a towel so it will be between the abdomen and the ice bag. The ice should be kept on the bowels until the temperature goes down two degrees—down to 101° F. Then if there is distention from gas, and evidence that there is much tenderness, a hot water bag can be placed on the abdomen. Care must be exercised in making these applications to the abdomen; the bags of ice or hot water must not be too heavy; in fact, they must be just as light as they can possibly be made to be effective. Every time these applications are removed or changed the abdomen must be rubbed thoroughly five to ten minutes, always being governed by the results. When rubbing appears to be bringing quiet and comfort, continue; but when there are signs of discomfort it should be discontinued for the time, and taken up later. When the bowels are distended with gas the rubbing must be very light, otherwise it starts peristalsis—bearing down bowel pains.

If there is great thirst and the stomach is sick—sick to the extent of throwing everything up soon after swallowing—it will then be well to

put two or three ounces of warm water in the rectum every two or three hours, with a fountain syringe; by doing so the consuming thirst which some of these little patients suffer will be relieved and they will be made comfortable.

So long as there are any signs of sick stomach not a spoonful of anything is to be put into it. All the water necessary for controlling thirst can be given by enema. For this purpose there isn't anything better than the ordinary fountain syringe—the piston or the bulb syringes are not suitable for babies. Two or three ounces of warm water is quite enough; more would excite bowel action and expel the water. The bowels may possibly be so irritable that a smaller quantity of water must be used. When the rectum is involved and there is dysenteric straining at each bowel movement, very little water can be retained; then recourse may be had to applying wet cloths to the bowels or an occasional tub bath if these measures are not already being used for other purposes.

When the stomach is settled there is no reason why the child shall not have all the water it will take. A bottle with a rubber nipple should be used for this purpose. Young children can take water better in this way. Some people are afraid to give sick babies all the water they want; this is not a correct idea. I never did understand why people are afraid to give sick children water. I presume it is a relic of the *good old days*, when

water was forbidden all fever patients because their systems were filled with mercury (calomel) and when mercury is in water must stay out; if not, salivation—mercurial poisoning—takes place.

Forty to fifty years ago salivating with mercury in certain cases was advocated and practiced by the regular profession, and physicians who refused to practice such vandalism on the human body were looked upon by the dominant school as they to-day look upon a physician who does not accept the germ, vaccination, and serum theories, and the practice based thereon.

A little mercurializing is still carried on. Many physicians start the treatment of cholera infantum, typhoid fever, and other diseases with ten or more doses of one-tenth of a grain of calomel. If there is ulceration of some portion of the alimentary tract mercury has nothing to do with it, *of course it hasn't*. Doctors and their remedies do not make people sick—they are for curing!

I began to practice my profession long enough ago to witness little children pick their own teeth out of their sloughing gums, made so by the use of calomel.

Fear of water drinking by sick people was developed in those days, and there may be a little of the same kind of medical practice going on to-day, but it is kept pretty well under cover.

Any practice of healing the sick that prescribes water, unless to overcome nausea and vomiting temporarily, is dangerous, and should not be countenanced by any lover of health and a sound, sane, and rational healing system.

It is hard to conceive of anything more unnatural, distorted, and inconsistent than a professional mind—a mind that has been trained for the exclusive purpose of thinking along the lines of health and disease, the care of the body in health and disease—trained to think of the body from the standpoint of physiology—its digestion and assimilation—of food and its action in health and disease—trained, or supposed to be trained, into knowing under what circumstances life can manifest and what is necessary to maintain that state of life known as health, and to know what takes place when life is interfered with enough to change health to disease—I say it is hard to conceive that after a mind has been trained into knowing all about these things, and an institution licensed by the state declares this assumption to be true, that a mind so trained will interpret a desire for water on the part of a sick baby as hunger, and proceed to give food, ignoring the language of fever, which, interpreted according to natural law, says: *Nutrition is suspended until the offending obstruction is disposed of.* To recapitulate: What is more incongruous than to see a professional man, trained to administer to the sick, treat a

disease exactly the reverse of the way it should be treated? The disease is due to indigestion, fermentation, and decomposition of food in the stomach and bowels. From some cause the body has lost its resistance, and this is the consequence. Water is all that is needed, and it is needed; the more water given, and the quieter the child is kept, the quicker will be the recovery. To feed—to give food and then further depress by giving drugs—is just the reverse of the demands of the body, and if such treatment is continued death is as inevitable as the sunrise or the motion of the world. The fact that there are more physicians who treat in this way than there are who do not is a psychological peculiarity that is beyond my power of interpretation.

There is but one legitimate reason for withholding water, and that has been mentioned several times, namely, a sick stomach, and it would be well if this simple fact could become common knowledge.

I have been called to see desperately sick children many times in my professional career—children who were being medicated and fed to death—yet water was being withheld with a fanatical zeal that was made more conspicuous because of its great inconsistency. In consultation practice it has been no uncommon experience to find children very sick, so sick that the family and physician have despaired of recovery, yet in many instances

all that I found necessary to do to overcome an almost fatal restlessness was to give the little sufferers water and warm them by applying artificial heat. I have given infants under these circumstances from eight to sixteen ounces of water at one drink. I remember one instance where I was called in consultation after one week's sickness, I took the child in my arms and applied the nipple of an eight-ounce bottle full of water to its lips; it took hold as only a famished child could, and evinced such satisfaction in taking the water that all present were delighted to see the great comfort and relief that the little one exhibited with every swallow. When it had emptied the bottle I ordered it refilled at once, and from the second bottleful it took about half, making twelve or more ounces in all. I then put the child in its bed and ordered *hands off* until it should demand attention. I left it sleeping at nine o'clock Sunday evening; at nine o'clock Monday morning I called, and found that it had not wakened since I saw it the evening before. My prescription was to permit it to sleep, and I left the house without seeing it, believing, as I always have, that sleep is better than anything I can do for any one. The reader will please not lose sight of the fact that I was called in this case as a last resort. The physician who had been in the case, and had exhausted his skill and had given up all hope of recovery, was a professor of pediatrics.

Don't be afraid to give plenty of water, especially when it is in answer to the demands of nature.

After the disease is under control, the sick stomach and fever are gone, and convalescence well established, it is then that real dietetic skill is required. If the child makes a complete recovery, and there are no sequels, such as a sensitive stomach, tendency to relapse, or have bowel troubles, either constipation or diarrhea, or a general run-down and anemic condition, it will be due to the fact that its parents have learned how to care for the child and have followed instructions. Carelessness, ignorance, and stupidity in the care of the child after it has been very sick will cause it to linger and occasionally have relapses, and death is not infrequently the penalty.

If everything is done that should be done the first and most important thing to look after is the food. If the child is nursed by its mother or a wet-nurse the health of either is of first importance.

So long as a child has fever, and the bowels continue to run off, or there continues to be frequent bowel movements, it matters not of what character, no food of any kind is to be given; positively nothing but water, and if there is any doubt about the purity of the water, give the child the benefit of the doubt, and boil all the water used. It is not a good thing to give the child ice water;

however, so long as the fever is high and the patient is very restless from the heat of the body as well as the weather, the boiled water may be kept in a refrigerator and allowed to get as cold as it may, and be given to the child at this temperature if it will take it. Very young children will refuse quite cold water; when they do they should not be forced to take it by withholding water of a higher temperature, for the thirst will become so great that they will take anything. I have been called to see children in great distress, made so by parents, nurses and sometimes doctors, mistaking a consuming thirst for hunger, and, in their kindness and sympathy, they have been, as they supposed, gratifying the child's hunger by giving it great quantities of milk, and the more milk, or nurse, given under such circumstances the more fermentation, fever, restlessness and bowel action, and, of course, the more thirst.

Food never relieves thirst, and when given with the mistaken idea that the child is demanding food, the disease grows more intense all the time, and if the mistake is not corrected the child will most positively be killed.

Nature frequently frustrates the kindly meant and killing offices of ignorance, and refuses to retain the food that has been given to relieve thirst, so as fast as the food goes down it comes up again; but it is not within the possibilities of nature to withstand abuse of this kind long, hence,

unless such a plan of treatment is changed for a better, these little sufferers are sooner or later killed.

It would be well for those who minister to sick babies to understand the meaning of some of the most pronounced symptoms. It is impossible for anyone to meet and intelligently combat a given symptom or condition in the sick room if he does not understand its cause.

Fever always means fermentation—it means that there is a mass of ingesta that is not digesting, but in truth is absolutely rotting, and because of this rotting there are set free poison products which, being absorbed, poison the whole system, and the efforts of the body to repel and expel these poisons are marked by general excitement. The nerve centers lose control; co-ordination being lost, organic functioning is either perverted or suspended; the skin fails to radiate heat, and as a consequence the body becomes surcharged with heat, and as heat increases the heart is stimulated into greater activity. All this increased activity is an indication of lost power rather than an indication of strength. Fever may be likened to impotent rage, for it is not only warring against an invading foe, but it also consumes the body it fights for.

Those who have to do with fever must positively realize that fever is the result of poison, and if the poison is not septic (coming from

penned up wounds—wounds prevented from discharging either by poor drainage or retaining dressings), or pyogenic (caused by pus being forced into the circulation because of imperfect drainage of abscesses), it must come from food poisoning (food taken into the stomach and bowels which for some cause is not digested, must break down and decay, and the fluid decay is absorbed and poisons the system); hence it is necessary to determine from whence the poisoning comes and proceed at once to prevent further poisoning from the first two sources.

How long should an attack of disease last? Until the material—undigested material—that furnished the poison has spent its force. The reader should bear in mind that the immediate cause of all this physical derangement was the poison generated in the undigested material that was in the stomach and intestines at the onset of the disease, and *the disease must end when that material has become exhausted* UNLESS MORE MATERIAL IS ADDED.

Why did the food that caused the disease decompose and furnish poison instead of digesting and furnishing nutriment? Because the child had lost its digestive power—its bodily resistance had become temporarily impaired. If, then, the child was sick because it could not digest the food, what kind of logic or reason is it that says feed under such circumstances? What is to hinder every

teaspoonful of food, given under such circumstances, from becoming poison? There isn't anything to hinder, and, in truth, that is exactly what takes place; and it is the cause of a simple, short disease being converted into one of the most formidable and destructive of all diseases met with in the human race.

This disease, as well as all other diseases that man is heir to, is self-limited, and unless it is fed by bad nursing and worse medicating, it will run out in a very short time.

It appears impossible for physicians generally to accept the fact that nutrition is always suspended when the body is suffering with pain or fever, or when laboring to keep a threatening foe from gaining entrance to the blood, such as we see when the child is vomiting and purging—nature's effort at throwing out an ingested meal that meets with a pathological fermentation instead of physiological fermentation. Instead of absorption taking place, this life preserving process is reversed, and the serum of the blood is poured into the stomach or bowels, flushing this decaying material out and causing the life preserving process of vomiting and purging to take place, which expels the poison from the body.

When these little patients are fed by ignorant mothers and doctors this bleeding, as it were—this great pouring out of the serum of the blood—in its endeavor to wash back and keep the poison

from getting into the blood soon exhausts these tender little patients. That is the reason these cases melt away so fast. Mothers, if you would save your babies, stop feeding them until they are well.



## CHAPTER IX.

*Treatment:* The treatment for cholera infantum must be the same as the treatment for any other disease, namely, meet the necessities.

Formulary practice will do for people possessed of child minds, but the educated man—the philosopher—must first know the principles and laws of life, health and disease, and then he is ready to treat any deviation from the normal—from the physiological. Names mean nothing. A real physician cares nothing for the name rheumatism, typhoid fever or cholera infantum, for the name really carries no significance. What is wanted is to know the patient, his environment and habits; the rest unfolds as naturally as the colors play when we have the raindrop, the sun and the eye.

The history and the thousand-and-one causal influences and symptoms that I have pointed out in the preceding chapters, all carry suggestions that are food for the thoughtful minded—for those who are wise enough to desire to know how to shape their lives so as to avoid the inevitable climaxes that must and will come to all who break health laws. Prevention is for the wise, and anyone can be made wise who is

really alive and who is awakening to the greatest discovery of this age, namely, *the limitless possibilities of man* and the fact that *no one realizes his possibilities*.

The reader has learned, long before reaching this page, that there is no such thing as *a* disease and *a* cause for it; there are causes galore and an almost endless variety of diseases, but the idea that there is a cause, single and individual, that can be taken hold of and drugged and made an end of, is too childish and impossible to waste thought on.

I would have my readers learn very early that disease will end when people cease to build it.

In the matter of cure: Nature alone cures, and she is at it just as long as there is life. All that the physician can do is to instruct the sick how to cease building their diseases, and nature will soon do the rest. This is true of the diseases of the little, innocent, sick babies that I am about to instruct mothers and doctors how to care for.

I will suggest treatment for an hypothetical case, and at the same time analyze the symptoms, their cause and treatment.

The baby is sick; its bowels are running off; it is sick at its stomach, and it is very feverish. If it could it would tell us about the pain in its stomach, bowels and head. It is so miserable that it can't rest quietly a moment.

Just here is where great dietetic errors in the care of babies are made. The restlessness of children is interpreted by mothers as indicative of unsatisfied wants, and in their goodness of heart they undertake to find what it is by offering the children everything they appear to want. Those who have had much to do with sick babies know that they reach and point for everything and when the object is offered they either refuse it with impatience or take it in their hands and impatiently dash it to the floor and change the little whine into petulant crying. The fact is, a child in this state does not want anything except relief from its malaise, but in the mother's endeavor to please she has given several extra feeds or partial feeds, and tastes of several kinds of food and perhaps a variety of drinks, for the rule is that all mothers think if a child cries it must be hungry, and the feeding is always increased, and the more feeding the more crying, until the child is forced into cholera infantum. It takes days and sometimes weeks of foolish indulgence to work up a very desperately sick child.

The case we are describing is quite common. The child has been growing decidedly worse for several hours. For days it has not been just right; its mouth has been hot to the mother's breast; it has been white around the mouth and nose, which is always a sign of irritation of the stomach, and it has not rested for some time as

well as usual. The passages from the bowels have been showing white milk curds for weeks, but the mother did not think it worthy of notice or indicative of an approaching disease. Possibly the child is bottle fed, and it has been acting so strangely—so cross when it has always been so good—that the mother decided that the food was not agreeing with it, and she made a change; it may be that she changed food twice, all without any benefit—the child being worse if any different—and at last we find it as described above.

What shall be done? The baby is very sick indeed, and we are uneasy about it, for it is said that half of these little people die before they are one year old. Just think of the sighs, groans and moans that come from the broken hearts of parents, especially the mothers; for these little ones are bone of their bone, flesh of their flesh (may the mothers forgive, for what I am about to say is cruel, but someone should be kind enough to say it), lust of their lust, appetite of their appetites, and hate, envy, spite, malice, jealousy, selfishness, recklessness and uncontrollableness of their mothers' similar traits, but alas! alack! they are not alone, for full accessories before and after the fact, and of more guilt, are the fathers; and because of the perversion, weakness, ignorance and general lack of physical and mental fitness of these people for parentage, it is necessary for these little ones to suffer, and many die. All the

suffering these poor little innocents are forced to go through with could be avoided if the parents were as intelligent as they should be, and I hope in the near future they will be.

What is the matter with the little ones whose symptoms we have just gone over? Cholera Infantum! Yes, that is the name of the disease, but what do those horrible symptoms—nausea, vomiting and running off at the bowels—mean? Poison! Poison? How could a little baby be poisoned? You know I have gone over the etiology, but the immediate precipitating causes are thermo-atmospheric and dietetic errors of either a quantitative or qualitative nature. Many children come into hot weather with a slight catarrhal inflammation of the stomach and intestines. If there is not a catarrhal condition there is an irritable state of the mucous membrane. Most of these children were encumbered with too much weight when born, and they have been fed too often and kept in such a vulnerable state that all they need to precipitate a cholera infantum is the enervating effects of a few weeks of hot weather, then a feed or two of milk that has gathered from the nursing bottle, nipple or some other container in its travel from the cow to the children's stomachs, a little ferment (bacteria, if you please); or the fermentation may have started in their stomachs or bowels, or both. The children were prenatally overfed, and the overfeeding has continued since birth,

and their stomachs and bowels have become more or less inured to the common fermentation; but the thermo-atmospheric change peculiar to hot weather has added a virulence to the ordinary fermentation which has carried it over to decomposition. Whether the decomposition that has set up all this train of morbid symptoms is from without or from within—generated on the outside of the body or generated within—does not alter the fact that the poison is there and is now threatening an invasion of their bodies.

Yes, it must not be forgotten that poison or anything else that is in the bowels is still on the outside of the body, and before it can get into the blood it must be taken up by the absorbents, and what we see here—all these symptoms we call disease—are the throes of this tiny baby's body in a desperate struggle to resist the entrance of poison into its blood. The lay reader must give strict attention to this explanation, for, if the symptoms of this disease are understood, the character of all diseases will be better understood.

The vomiting and purging are not enemies, they are conservative measures, they expel the poison, and these symptoms are aided by a large pouring out of fluid. Instead of the absorbents taking up the fluid contents of the stomach and bowels, which are now converted into decomposition, their function is reversed and a large amount of fluid, the serum of the blood, is transuded into

the stomach and bowels; this aids in diluting and rendering the decomposition innocuous, and at the same time furnishes enough fluid to render the vomiting easier and very greatly aids in flushing and clearing the entire alimentary canal of the poison that has created such a "rough house."

It must not be forgotten that our bodies in health are potentized with immunizing power, and to a certain extent we can render innocuous deleterious agents taken into our alimentary canal along with our food. The gastric and intestinal secretions attend to this for us every day of our lives, but when we live wrongly, overeat or eat the wrong food and break down the resistance and take on a quantity of decomposition greatly in excess of the immunizing power of the digestive secretions, and the destruction of our bodies is threatened, there is a general halt ordered. Metabolism, so far as construction is concerned, is suspended, and it will not be resumed until it is safe to call off the defensive forces.

Those of my readers who think and are willing to think, allow me to ask you a hypothetical question: When there is an explosion of ptomaine in the bowels, or decomposition beyond the immunizing power of the gastro-intestinal secretions to overcome has been taken in with the food, and to expel this poison nature has reversed the function of absorption and is throwing out all the fluid she can to neutralize the poison and flush

the stomach and bowels, which she does by causing vomiting and diarrhea, what think you of the idea of putting food into the stomach under such circumstances? Or if the stomach will not retain the food, what think you of using food by enema? What do you think would become of the food taken into the stomach under such circumstances? Isn't it reasonable to believe that the fresh food placed in the stomach will change immediately and become decomposed? And if it decomposes, will it not compel the body to continue its fight for self-preservation? And if nature must pour out a lot of blood serum to neutralize the poison and wash it out of the body, will not this great waste if continued soon exhaust the body?

By explosion of ptomaine I mean when there has been taken into the stomach food that contains enough putrescence to overcome the usual immunizing power of the digestive fluids; or the quality and quantity of food taken was so much in excess of the digestive and immunizing power that an acute gastro-intestinal inflammation was set up which excited vomiting and purging. This is what takes place when people have a sick day with bowels running off, perhaps vomiting, and all over with in one day.

When these cases are very sick it is easy to see them melt away because of the great amount of serum thrown out.

Lastly, allow me to ask you: Is it reason-

able to believe that there can possibly be any digestion and absorption when there is positively a reverse of the function of absorption?

After all this delay in coming to the point of how to treat the baby, I hope the dallying has prepared my readers for agreeing with me in what I shall do for the baby.

The first prescription will be: Stop giving anything except water, and feeding is not to be thought of until the child is quite well. So long as there is restlessness, fever and frequent watery stools, the child is laboring to throw off the poison, and it is positively murderous to feed, and any professional or non-professional who has followed me from the beginning of this article and will consent to feed until all ferment is out of the child's alimentary canal, is an incorrigible fool, and should be locked up, for he is a menace to society.

If there is vomiting, positively no water. To relieve the thirst a small amount of warm water may be put in the rectum with a fountain syringe, say, a half pint every three hours.

A wet cloth to the abdomen will help relieve the thirst and quiet the nervous irritation in the bowels. Proceed as follows: Wet a small towel in warm or hot water, or wet a fold of absorbent cotton; place it on the abdomen, then a piece of oiled silk or thin sheet rubber over the cotton, and then a dry towel binder over all. This application will not need to be changed oftener than

night and morning, for the oiled silk keeps the moisture and prevents wetting the clothing and bed covering. The wet application relieves the thirst as well as the nerves. The thirst is due to the great pouring out of the water of the blood, and it is hard to relieve when the stomach is involved with the intestines in the sickness, for when both are engaged in transuding the fluid for neutralizing the poison and washing it out, the waste of the fluids of the body is exhausting. It is not reasonable that these organs can be performing two functions at once, especially when the two functions are antipodal. There is no way of which I have any knowledge of going north while traveling south; and while the mucous membrane is transuding it can't be absorbing. That is, it is not possible for *my patients* to perform such Hindoo tricks, but dear old orthodoxy is filled with all sorts of antitheses traveling amicably together while going in opposite directions, all at the same time. It is enough to cause the brain of common folk to whirl and grow giddy, but there is nothing like it when one becomes used to it.

So long as order reigns I shall assume that when the stomach is engaged in expelling an enemy, and exuding fluid for that purpose, it can't be absorbing, and I shall lay it down as a fundamental principle on which to act, that when vomiting is going on water should not be given, for it renders the possibility of the putrefactive

fluids coming in contact with the irritated mucous surface greater, and if this exposure does nothing more than intensify the irritation, this is enough to keep up the drain, which further exhausts the system and lessens its resistance. The action of water when taken into the stomach under such circumstances is to thin the secretions and compel the stomach to do its work over. If the water is kept away the stomach succeeds in coating the mucous membrane with a thick, tenacious mucus, which acts as a protection, and if it is not washed off the irritation soon subsides.

The process is as follows: At first there is irritation which causes a pouring out of the serum of the blood; this washes away the poison, which is the cause of the irritation, and at the same time a thick, tenacious secretion is being exuded, so that when the thin fluid floats or flushes the decomposition off, the tenacious secretion covers and prevents the poison from coming in contact with the mucous membrane. The irritation that causes all this secretion is interpreted by the patient as thirst, and, of course, there is thirst, but the more water given the more irritation there must be, for it cannot be absorbed, and it interrupts the process of protecting the mucous membrane explained above. The water must be expelled by vomiting, and the vomiting further irritates and removes the mucous protection. If the *modus operandi* is understood no one will be fool-

ish enough to make the sick more uncomfortable. It should be remembered and it should become popular knowledge, that a sick stomach should not be further irritated by giving water, for it *cannot* be absorbed, and if it could be it would not be desirable.

In all sick stomachs, especially in typhoid or cholera infantum, there is an irritation due to the bad effect of decomposition, and the nausea and vomiting is a conservative measure, and, rightly interpreted, means, as I have explained above, a suspension of absorption and a pouring out of the water of the blood and other secretions for the purpose of immunizing and flushing, and there is thirst from loss of the fluids of the body, but this thirst is difficult to satisfy. There is a bad taste in the mouth that causes the patient to refuse to drink in spite of the thirst. Repeated attempts at drinking meet with failure, and the patient, if not a baby, expresses surprise and impatience at his inability to drink when his desire is so strong. This is self-protection—nature endeavoring to keep water out of a stomach that is busy fortifying against the invasion into the blood of a poison. When the taste can be tempted by pleasing flavors and the guard, bad taste, be inveigled into allowing something to pass into the rebellious stomach before it is safe to do so, there is but one result, and that is more sick stomach and more vomiting. Hence it is well to remember that when water

tastes bad it is nature's sign that it will be detrimental to drink it until the stomach is ready to receive it; then it can be taken with comfort and pleasure. In the meantime water can be given by the rectum, for in the early days of this sickness the lower bowel is not involved, and if the disease is controlled as it should and can be, it will never become involved; hence it will take water. But if later the rectum becomes involved the stomach will be better and can take water.

When those who take care of the sick can be made to believe, and will then remember that an inflamed mucous membrane will not absorb anything until it is well, or if it has lost a portion of its mucous surface by sloughing—from necrosis due to whatever the cause may be—they will be in a position to aid nature, or at least not obstruct her by giving water, food and drugs. If water only is given it must come back, and the longer vomiting is kept up the more irritation and danger there is of sloughing. This applies to the bowels as well as the stomach, for if the water is not absorbed by the stomach it must either come up by vomiting or pass through the pylorus and cause the bowels to run off more than they otherwise would. Food of any kind acts the same, only worse. When the nausea and vomiting are gone, all the water desired can be given, for it will be taken up by the stomach; but food must not be given until the diarrhea is gone, for the bowels must

aid in digestion, and they will not do so as long as there is inflammation, and if food be given there is danger of a sloughing of the mucous membrane; then absorption of decomposition will take place and a septic blood is added, which is liable to kill quickly, for the child cannot resist this state as well as a person in later life.

I have gone into the details of the cause of these symptoms, and the effects of the usual management and treatment, to show, if possible, the reason for my radical oppositions to that treatment. I am surely not to blame if as simple, common-sense management of disease is looked upon from the popular standpoint as radical.

I fully realize that if I do not give my reason for my plan of treatment I need not hope to have it substituted for the *senseless, murdering plan* that is taught and being practiced by the leading medical schools.

If my readers are convinced of the reasonableness of my demand, *don't feed until all symptoms of disease are gone*, I shall feel satisfied that I have accomplished something worth while, but if they are not convinced, the effort I have made must end in failure, so far as they are concerned.

We will consider the various phases of this disease as it is liable to be discovered after the children have been treated in the usual way.

When the disease first starts, it doesn't matter what the symptoms are: Stop feeding; wash out the bowels; give warm to hot bath; keep child quiet; use applications to bowels; rub body all over with the open hand often enough to quiet the child and secure rest. Keep the child in a room with its nurse; a third person must be in the room; there must not be talking in the sick room, nor near enough in adjoining room to be heard. All sick people who are kept quiet well in half the time required by those who are disturbed by being entertained. A nurse who talks should be boycotted by all physicians; assured when I learn of her she will get no work from me. The bowels, until cleaned out, should be washed every six hours; after that once a day until well. If there is no nausea give all the water the child will take. *Keep the feet of all sick people warm.* Those who have to do with cholera infantum cases, or any kind of baby sickness, *must keep the children's feet warm.* I have seen the little folks *dying in the hottest weather from lack of artificial heat.* Those who were taking care of them were suffering with heat, and they imagined that the children were also. Children treated on my plan will not become so prostrate, for their attacks of sickness will not last long enough.

If a child is fretful, not sick and not well, reaching for everything, refusing everything, taking only a drop of water, begging to nurse, take

it to a quiet room, darken by drawing the shades, remove its clothes, slip on a loose bed dress and put it in the bed, and, if necessary, the nurse or mother should lie down by it, and slip a hand on the bowels and rub it lightly for some time; then rub the back. It will not be long until the child's nerves will be quiet. If it still keeps restless, give it a warm to hot bath and continue the plan outlined.

If the child does not quiet down and get to feeling well soon, or as soon as parents wish, it is because the derangement is too severe; it requires more time. Rest assured there is no treatment so sure, safe and speedy, and if a patient lingers under it, it proves that the disease is a severe attack with a badly run-down condition of the system. It may take three days and nights before the child is ready for food, but if it is not ready at the end of that time, continue the fast for another twenty-four hours, and even another if such heroic measures are necessary; but don't lose all the benefit the fast has brought by feeding too soon and renewing the decomposition and set the case further back than where it began.

When the temperature is 103° F., the bath should be started at a temperature of 90° F., and gradually increased to 100° F. The length of time the child is to be kept in the bath must be in keeping with the needs and the resistance of the child. It should be watched, and if it appears to grow

comfortable and the nervous symptoms subside and the temperature declines, the bath should be prolonged to one-half, three-quarters, or even a whole hour. If the child shows by its actions that it is growing more comfortable all the time no harm can possibly come to it by prolonging the bath to complete relaxation; after which it should be taken to an airy room—no drafts—placed on a soft bed or pillow and lightly covered. It should not be annoyed by putting even a loose gown on it until it has rested from the bath, unless fortunate enough to have the bed dress heretofore recommended. If it can sleep, see to it that there is absolute quiet, so that the sleep will not be disturbed.

It is necessary to secure all the rest and sleep for these little patients possible; not by administering drugs, never! Millions of these little people have been sent across the great divide by doctors, nurses and others in a vain endeavor to force rest and sleep by the administration of drugs supposed to act in this way.

It is criminal to give anything in the drug line to quiet patients at any age, but especially is this true in infants, for they are characteristically susceptible to the action of such drugs, and they always act detrimentally.

If these drugs were not *per se* detrimental in their action, they should not be thought of in the treatment of infants, for it should be understood

that children will not be sick unless they are made sick; hence, instead of hiding their pain for a very little while by giving a palliating drug, the physician whose advice is sought should reason thus: The child can't be sick from any other cause except food, for it is not exposed in any other way; hence the restlessness and suffering must come from digestive disturbances. I will stop the food entirely and give warm baths often enough to remove all pain. This is the proper reasoning, and the treatment has no equal.

The pain killer and life saver, first, last and all the time, is to stop food and *keep it stopped* until the victory is won. Don't be afraid of starving the child to death. It is senselessly paradoxical for a doctor to be afraid that he will starve a child to death when he does not hesitate to feed it when it is sick, then kill it with drugs in a useless endeavor to overcome the evil effects of his feeding.

To give drugs for the purpose of forcing rest and securing sleep is malpractice, and should be recognized as such by law, and offenders, even parents, should be punished. This will never be, however, for crimes committed in the name of superstition are rewarded.

There is nothing so conducive to sleep as absolute quiet, and that is the reason I lay so much stress on isolation and restricting the nursing to one person.

This disease is much more severe in the warm and sultry sections of the country than it is in Colorado.

In the old days, when I practiced in Illinois, it was not uncommon to be called to see children suffering as follows: Nausea, vomiting, diarrhea, temperature 104° F. to 105° F. These symptoms would last six to eight hours, followed by almost, if not quite, fatal collapse. If called early enough in the fatal cases I would find their symptoms those of stupor, quickly followed by coma, and death; all occurred—beginning and ending—in one night or one day.

This picture is desperate, and the results were often fatal, for frequently I was not called early enough, and when I was I did not work fast enough. These were days when I foolishly put my trust in drugs, and what can drugs do but fail? *Reaction must be had at once*, and there isn't anything that will bring it except heat. If heat to the surface cannot call back the blood that has abandoned the cutaneous capillaries and gone to the centers, overwhelming the brain and heart, there is no hope.

What can heart tonics do, even if used hypodermically? If anything at all they can finish the collapse by stopping the heart.

It will do to tell people who don't know—those who haven't given drugs and sat by and

watched while they failed, or did exactly the opposite of that for which they were given.

I gave drugs long enough to know that good results follow their use in cases that would get well in less time without them. In such desperate cases as I am now describing, their effect is detrimental, if they can have any action at all.

If the physician is called in time he should put either type, those with high fever or those in a collapse, with possibly subnormal temperature, in a warm bath and gradually increase the temperature to 100° F., and maintain it at that point. The child's body should be submerged in the water and a blanket spread over it, so that if it objects to complete submersion there will be an equal temperature, for the blanket will shut out the air and keep in the steam. While in the bath cold water should be put to the head, if the temperature is 104° F., or above. The bath must be given in a room supplied with fresh air, and the face and head must be fanned all the time while in the water; if possible use an electric fan. If the physician is not called until the collapse, the bath is to be given just the same, except with no fanning, or, if any, very light in the face to stimulate and aid breathing. These collapsed cases must have air, lots of it, but they must be warm; hence when they are in the hot bath everyone except the nurse should stand back or leave the room, and permit fresh air to go to the child.

It is so common under such circumstances for everybody interested in the child to gather around and smother it by shutting out every possible chance for the air to get to it.

There are very few people ever allowed to die naturally. At the last they are killed either in one way or another.

Very sick people will sometimes be made to faint by too many friends gathering in their rooms and using up all the oxygen in the air, and they no sooner faint than the friends rush up closer and lift them up, thereby cutting off all possible chance of resuscitation, for people in a faint should have their feet elevated rather than their heads.

When the child is very sick, with blanched countenance and almost imperceptible breathing, slip the pillow out from under the head, elevate the feet, if possible, without disturbance, place artificial heat all around the body, secure plenty of air, and let the child alone. Further than this is malpractice.

The case with high fever must have the bowels washed with warm water and soda, a teaspoonful of baking soda to the quart of water. Wash the bowels before and after the bath; allow the child to rest for an hour after the bath before washing the bowels. When from appearances the bowels are pretty well cleared out, stop the enemas, as they are weakening. Use enough water

in the bowels to relieve the thirst, say, a half pint every three hours, and this is to be continued until the stomach can take it.

All cases with very high temperature—say 103° F. and over—must be kept in the bath just as long as it appears to be relieving, not, however, to exceed an hour; then they are to be put to bed and all the instructions given heretofore carried out. If the temperature is at 103° F. or above after leaving the bath, put ice to abdomen, heat to feet and keep the child quiet—*absolutely quiet*.

The collapsed case must be kept in the bath long enough to bring on reaccation. As the enemas are exhausting, do not use them; do as near nothing for the child as possible. If it appears to revive in the bath, keep it in ten, twenty or thirty minutes. If it appears to go down, remove it carefully and put it in blankets that have been previously heated. Don't do this in a shilly-shally manner. *Toast the child*. See to it that it is just as warm as it can be made, not to burn it, and don't forget how necessary it is to have fresh air and absolute quiet. If it revives and warms up, remove the covering a little at a time; see to it, however, that it has no chance to grow cold; bear in mind that infants have very little power of resistance, and after a shock of this kind, with a sudden reduction of the fluids of the body, their life forces are running very low, and every time they are moved, it matters not how gently, it costs

them nerve power. Noises about the house, loud talking, heavy walking, door slamming, anything and everything that makes an impression upon their nerves of sensation, costs them valuable nerve force; hence children in this state of exhaustion can be killed, and are killed, by neglecting these *little* details.

What else is there to do? If there is an indication of thirst, put two ounces of water in the rectum with a fountain syringe every three hours. Positively nothing else until full reaction is established and all indications of sickness are gone. How long it will be I cannot say; each case of this kind is a law unto itself, and will have to be treated accordingly.

A few cases have convulsions. The treatment need not differ materially. Much can be expected from the bath, and it must be pushed to complete relaxation. First of all, in convulsions at any age and from any disease, with the exception possibly of certain heart complications, the bowels must be cleared out by copious enemas of warm water; then to the bath, starting it at 90° F., gradually increasing to 100° F., and if the pulse holds its own or improves and the nervous symptoms improve and the muscles and tendons relax, continue the bath at 100° F.; but if the symptoms are not ameliorated or the muscular rigidity increases, gradually increase the temperature of the water to 105° F., and hold at that for five or ten

minutes, then increase to 110° F., carefully watching the pulse and breathing; if either show a tendency to fail, and there is relaxation of the muscles—a complete subsidence of the convulsions—remove the patient from the bath and make it comfortable in bed, with heat to the feet. If the muscles stay rigid and other symptoms indicate a continuance of the convulsions, continue the bath to full relaxation, then remove from bath to bed and make comfortable. If symptoms of convulsions return, put the patient in bath, and do as before, and repeat as often as necessary until there is no more return.

I have been called to see children after they have been sick for days and others for weeks. Of course they have been fed and medicated. All must be fasted until the stomach and bowels are cleared of decomposing milk curds, then fed according to the power to digest.

It is no uncommon thing to be called to see chronic gastro-enteritis. These are cases that originally had cholera infantum, and were so rugged that they withstood the disease and all sorts of maltreatment.

A more common type, however, are those children left with chronic entero-colitis. This is the common summer complaint that requires a fast to cure—to kill would be according to the conventional ideas of treatment.

Hot weather favors decomposition; this ten-

dency is overcome by cool and cold weather; this no doubt does some good, besides the hot weather enervates the nervous system of babies and cool weather tones up; hence there is something in the old Frost Cure, but there is an element in these cases never considered by the frost prescriptionists and those who send babies to the mountains, and out on the floating hospitals and the advocates of anti-heat remedies of all kinds, and that element is OVERFEEDING.

This is the one conquering cause—the all-important etiological factor that baffles all the prescriptions of all the doctors.

That etiological factor remains when the frost has removed most of the decomposition element, and prepares the little martyr of summer sickness, for such diseases as commonly afflict children in winter and if it manages to get through all the children's diseases as it grows older it gets its share of the diseases peculiar to grown people.

Such an important cause should not be overlooked, but it should be known and corrected before death puts a stop to the carrying out of the life's program of disease, or the patient lives to carry out the routine to the end.

The meeting with and the correcting of this cause in all diseases is one of the most important therapeutic measures connected with my plan of treatment, and my mode of applying it I shall take up now.

## CHAPTER X.

*Treating Convalescents:* When the disease is fully controlled, the bowel discharges have lost their disagreeable odor and the color has changed from green, mixed with mucus, to a normal color and proper consistency, and instead of being indifferent to all that is going on around it the child notices, shows interest and is much easier taken care of; it sleeps well and has ceased to whine and find fault with every effort at trying to please it; when the fever is gone, and the transformation from the sick child to the taking on of the foregoing signs of returning health is completed the child may be given a little fruit juice for one or two days. Blackberries are a favorite fruit of mine for sick babies. They should be picked over and washed; allow them to stand under running water for a while, at least an hour; then mash them into a pulp or run them through a fruit or vegetable mill, then express the juice and give the child all it will take morning, noon and night without sugar, and if the berries are as ripe as they should be the child will enjoy the juice. Feed with a spoon. A sweet-cherry—the California dark red that is on the markets of most cities—is about as nice as the berry. There is no

objection to the juice of sweet oranges. The peach is allowable when fine. The Arkansas and Colorado are the best on our market. I have not seen a good California peach.

After two days of fruit juice, three times a day, and when everything is moving along satisfactorily, on the third morning the child should be fed one-half of a feed of the same food it was accustomed to before it was taken sick. If it has been nursed by its mother up to the time of taking sick and she lost her milk before the child's recovery, then it will be necessary to select an artificial food. If a wet-nurse is not to be had, then use the milk from a healthy cow. If possible from a cow that is cared for properly, and then secure the milk fresh from the cow at each feeding; or if a goat can be had, one that is properly cared for, take her milk fresh at each feed. Give what would be half a feed, and have the rubber nipple perforated so that the baby will have to work for what milk it nurses from the bottle. If the milk comes too fast the child will not have occasion to work the tongue, jaws and cheeks enough to generate the amount of saliva necessary to secure good digestion, besides the working of the tongue, jaws and cheeks stimulates gastric as well as intestinal secretion.

If the milk flows through the nipple too easily it may be well to stuff it with a little aseptic lamb's wool. The wool can be thrown away after

each nursing or it can be boiled and thoroughly cleansed.

I am not much of an advocate of diluting the milk. I never recommend it for children who have not been sick. After a sickness I usually allow a little water, about one-fifth; say, four ounces of milk and one of water.

The morning of the third day the child will have one-half of its accustomed food. If it has been fed on its mother's breast, and now must change and it is six months old, it should be given two and a half ounces of milk and a half ounce of water. If it is a year old it should be given three and a third ounces of milk and two-thirds of an ounce of water for the first feed; then fruit juice for the other two feeds for the third day. If all is well on the fourth day give the same amount of milk for the morning meal and the same for the evening meal and at noon the fruit juice. If all is well on the fifth day give the same for morning meal, at ten o'clock a feed of fruit and lettuce. Grind the fruit very fine, also the lettuce, and mix equal quantities. Don't strain the fruit any more; grind as fine as the fruit and lettuce can be made and give the child all it will take without urging; then at two and at six o'clock the same food and the same sized meals.

I believe in three feeds a day, but if the parents insist on feeding four times a day I permit them to do so with children under eight months;

but if the recovering child is a year old I insist on three feeds a day, and one of those feeds fruit, either morning or noon. At the beginning of the second week of feeding increase the amount of milk one-half ounce each day until the child is taking all required.

If the child feels badly any time after the feeding begins, stop the food until everything clears up; then return to the feeding as usual.

Once upon a time I was chased from pillar to post—taxed to the uttermost to find suitable foods. Those were days of “try this,” and “try that,” and try the other thing. I had the usual success of guessing schools, namely, when the guess hit it hit, and when it missed it missed, and I knew the reason for the one just as well as I knew the reason for the other.

If there is a Fool’s Paradise anywhere on earth it is surely practicing medicine according to the standards.

It is try this food for a while; the child appears to do all right for a while, but a change comes; there is diarrhea and sick stomach; a new food is procured and the results are about the same. And so it goes, until all known foods and drugs have been used. Some of the victims of all this guesswork live in spite of every opposition, and whatever food they happen to be using when they are taken off of the baby food to go on to regular food, that food will get the credit.

The secret of success with children is to fit the child to the food, and never attempt to fit the food to children.

Don't feed when the child feels badly, and, as soon as it feels all right, then resume the feeding; always try to be safe by not overfeeding. When the food is well selected, then fit the child to it.

Never feed between meals, and if a child is taken care of properly there isn't any excuse for sickness. Always bear in mind that sickness comes from breaking health laws. Learn the law and obey.

Children with chronic diarrheas should be treated as follows: Stop all food except the fruit juices, and give them three times a day until the bowels have righted themselves, then give one regular feed a day with two of fruit, and then increase slowly as the child's bowels can stand it.

If these instructions are followed to the letter good results must follow. There is a middle ground that gives parents and the doctor trouble. The child is not sick, and it is not well. The mother says it is cross; those in hearing of it and not particularly interested in it say it is spoiled; the fact is that both opinions are right. The child is cross, it is spoiled, and it is sick. All cross, spoiled people, from infancy to dotage, are sick people, and the cure consists in discipline. The child must be fed regularly, and if there is evidence in the stools of overfeeding, cut the quan-

tity down and give one meal a day of fruit and vegetable juice; give one or two dry hand rubs a day; see that it sleeps an hour in the forenoon and an hour in the afternoon; put it to bed regularly at six or seven o'clock in the winter and seven to eight in the summer, and then stop nursing, carrying, noticing, coaxing, petting, and endeavoring to please it. If it disturbs the neighborhood for a week yelling, it ~~must~~ be. *Unteach it.* Let it understand once for all that it can't buy anything with a cry. When it once finds this out it will be the best child in town instead of the worst; besides, it will get well and stay well.



## A STUFFED CLUB

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A monthly periodical of an educational nature, devoted to popularizing, as much as possible, professional knowledge, and eliminating popular errors and false teachings in general, and on health in particular.

It should be generally known that the tendency is very strong for the professions to fossilize, their pretensions to the contrary notwithstanding; and the only way to force advancement is to elevate the standard of popular education. This is exactly what the Club has been endeavoring to do for nearly ten years, and the encouragement has been so great that the periodical has doubled in size since its first issue, and will no doubt be required to do so again at no far distant date.

Many find fault with the name, and it is not strange that they do, for it is meaningless until understood. The name, "A Stuffed Club," within itself carries no suggestion. This I knew when I adopted it, but the name was so freighted with meaning for me, and the necessity for its application so universal and incessant, that I could not do otherwise than add this handicap to an already overburdened little monthly, a handicap that will

remain as such so long as the magazine and its editor exist. This is the price I pay for the privilege of selecting the best fitting and most appropriate name that can be found for the work I am doing.

No one besides myself can see exactly how "A Stuffed Club" fits every article that has ever been published in it, for it would be necessary for one to see what I have seen and feel what I have felt.

The name was selected because of the utility of its meaning, its very exceeding adaptability and the universality of its application.

Of all the colloquialisms or slang phrases that have ever come to my notice, nothing has carried such a clever, insinuating suggestiveness as "A Stuffed Club" and the meaning ascribed to it.

The expression was very popular in my boyhood, and was used in the following sense: If some one should act in a foolish manner, do something that was not in keeping with his usual custom, it would be said, "Someone should take a stuffed club to him," or, "The fool! He should have known better; someone ought to take a stuffed club to him."

When people failed to use good judgment—held to erroneous opinions—practiced fanaticism—allowed others to think for them—refused to progress—were inveigled into schemes and impossible dreams and were separated from their

money—in fact, when unwise in any way, it was said of them, “They need a stuffed club—someone should take pity and use a stuffed club on them—a stuffed club would help the fools a little.”

A wink and the mention of a stuffed club was usually indicative of a foolish act or some form of incorrigibility on the part of the one referred to. Where people were especially dense or stupid it was necessary to take a stuffed club to them for the purpose of beating a little sense into them; if they needed correction they were said to be in need of a stuffed club.

I trust that this explanation will enable those unacquainted with the Club to understand that it is a free lance and critical in its habits. The Club goes after superstition in all lines, particularly medical superstition, in a manner beneficial to the reader.

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## INDEX CHOLERA INFANTUM

	Page.
Abnormal cravings .....	8
Abuse makes milk unfit for use.....	53
Abstinence from food.....	48, 78
A dark age .....	16
Advantages of hot weather.....	25, 26
Aid nature .....	69
Air bath .....	44
All conquering cause .....	108
Amounts and intervals in feeding.....	57
Anger poisons milk.....	22
Antibodies .....	34
Appetite, morbid .....	6
Approaching disease .....	86
Artificial feeding .....	12, 54
Avoid nerve strain .....	105
 Bacteria .....	 24
Bed-dress .....	66
Basis of treatment, etiology.....	41
Bath, air .....	44
Bath, tub .....	44
Bath in collapse.....	104, 105
Bath in convulsions.....	104, 106, 107
Bathing with temperature at 103° F.....	99, 104, 105
Bottles and their care.....	56
Bowels sensitive .....	38
Bowels filled with gas.....	38
Breast pumps useless.....	8
 Calomel .....	 74
Care of children .....	44

# INDEX.

	Page.
Care of food in hot weather.....	22, 31
Cause of disease.....	85
Cause of thirst.....	92
Cease building disease.....	85
Change means suffering.....	23
Clothing .....	45
Color of stools.....	39
Condensed milk .....	54
Convalescence .....	87
Convulsions and stupor.....	40
Convulsions .....	9
Cow's milk .....	51
Crusade began .....	48
Crucial point .....	39
Curds .....	39
Curds in stools .....	57
Cure of spoiled children.....	56
Danger of sloughing .....	96
Diarrhea and fever.....	61
Diet .....	41
Dietary fallacy .....	4
Digestive power decreases .....	41
Diluting milk .....	110
Discipline .....	19
Discipline as a cure.....	113
Disease increased by excitement.....	69
Disease self-limited .....	82
Disease, stop building.....	85
Domestic animals .....	28, 31
Encouragement .....	40, 70
Etiology .....	3
Etiology for mothers.....	42
Eugeny .....	16
Excitement .....	20, 42

# CHOLERA INFANTUM.

	Page.
Exhaustion .....	82
Experience with young animals.....	46
Fainting .....	104
False economy .....	21
Family quarrels .....	17
Fasting three days or longer.....	99
Fat babies .....	7
Fear .....	13
Fear of water.....	74, 92
Feeding three times a day.....	46, 83, 89, 104, 111
Feed slowly .....	110
Feeding when resistance is low.....	34
Feeding in fever.....	34, 35, 60
Feeding intervals and amounts.....	59
Fermentation, physiological and pathological.....	24
Fever means fermentation.....	80
Fever result of poison.....	80
Few virulent attacks.....	69
Filthy habits of dogs.....	29
Fits the child to the food.....	112
Flies carry disease.....	27
Food for nursing babies.....	51
Food for convalescents.....	78, 109
Food never relieves thirst.....	80
Fools' paradise .....	112
Fretfulness .....	49
Fresh air .....	20, 103
Frost cure .....	107
Fruit juices, how prepared.....	59
Fruit juices, how given.....	59
Fruit juices .....	109, 113
Functions reversed .....	92
Goats' milk .....	53
Gas in bowels.....	38
Harsh treatment causes disease or crime.....	18

# INDEX.

	Page.
Ice bag .....	72
Ideal children .....	15
Idiocy and imbecility .....	9
Ignorance of parents.....	87
Impure milk .....	10
Indigestion cause of sickness.....	101
Intervals and amounts.....	57
Juices of fruits and vegetables.....	59
Keep feet warm.....	99, 100
Knowledge basis of advancement.....	25
Knowledge basis of love.....	18
Knowledge basis of progress.....	19
Know your patient.....	84
Lack of quiet and fresh air.....	20
Length of disease.....	81
"Like produces like".....	5
Love a necessity.....	17
Man's possibilities limitless.....	85
Marking the baby.....	5
Meal of fruit juice at noon.....	60
Meaning of symptoms.....	80
Method of rubbing.....	71
Milk, Cow's .....	51
Milk, Diluted .....	108
Milk, Goat's .....	53
Milk, Impure .....	10, 51
Milk, Pasteurized .....	53
Milk curds in stools.....	12, 39
Morbid appetite .....	6
More food means more poison.....	81
Morning sickness .....	6
Mother's milk supplemented.....	59
Mother's milk discarded.....	60
My method of treatment.....	66, 96

## CHOLERA INFANTUM.

	Page.
Natural immunity .....	90
Natural process .....	36
Nature's "modus operandi" .....	94
Nature's warning .....	95
Nature tries to clean out poison .....	75, 90
Nausea and vomiting .....	39
No food in fever means cure .....	61, 62
Noon meal of fruit juice .....	60
No water in vomiting .....	92, 93, 95
Nursing mothers .....	20
Nutrition suspended .....	75, 82, 90
Occupations and recreations .....	43
Odor and flies .....	27
Officious nursing .....	67
Old fear of water .....	74, 92
One nurse .....	48, 64
Organs cannot do opposite things at same time .....	93, 96
Overfeeding before and after birth .....	70
Overfeeding leads to fretfulness and irritability .....	55
Overfeeding leads to invalidism .....	55
Pain in child birth .....	6
Painful bowel movements .....	38
Pathology .....	37
Pathological effect not from physiological cause .....	32, 33, 35
Patient harassed by nurse .....	68
Physiological cause .....	32, 33, 35
Poise, self-control .....	44
Prenatal influence .....	3, 7, 13, 14, 16, 19, 43
Preparatory treatment .....	63
Preventive treatment .....	42, 57
Prophylaxis .....	24, 25, 54
Proscribing water dangerous .....	75
Ptomaine .....	91
Quarantine not effective .....	28, 29
Quiet and warmth .....	47

# INDEX.

	Page.
Quiet must be had.....	64, 65, 105
Quieting the child.....	99
Reaction by heat.....	102, 103, 104
Reduce food intake.....	60
Relapses .....	40
Responsibility of mothers.....	42, 43
Rest .....	20, 66, 77
Rest and gentle care.....	71
Restlessness and fever.....	38
Restlessness and indulgence.....	86
Resistance of body to poisons.....	89
Results of three meals a day.....	58
Retching .....	38
Reward of learning how to live.....	21
Rubbing .....	45
Sanitary barns .....	52
Scalded or pasteurized milk.....	53
Septic poison in mothers' milk.....	9
Sexual abuse during gestation.....	14
Sexual abuse during nursing.....	15
Sick baby days.....	21
Sick room .....	46
Signs of convalescence.....	109
Similar and allied diseases.....	3
Sleep .....	50, 100, 101
Sleep and fresh air.....	50
Sleep nature's restorer.....	77
Sloughing gums .....	74
Slight illness made fatal by feeding.....	12
Stomach protects mucous membrane.....	93, 96
Stop feeding .....	92
Straining at stool.....	38
Suggestions .....	70
Symptoms .....	38
Symptoms after 24 hours.....	40

## CHOLERA INFANTUM.

	Page.
Teething not cause of disease.....	32, 34
Teething a physiological process.....	32
The spoiled child .....	114
Thermo, atmospheric conditions.....	88
Theory, based on experience.....	47
Theory, warmth and quiet.....	47
Theory, abstinence from food.....	49
Theory, absolute rest.....	48
Thirst and restlessness.....	40
Thirst .....	49, 78
Thirst in nausea.....	73
Thirst misinterpreted .....	75, 79
Thirst relieved by enema.....	72
Thirst relieved by wet applications.....	72
Toast the child.....	105
Toxic poisoning .....	10
Treatment .....	84, 97, 98, 99, 101, 104
Treatment in collapse.....	104, 105
Treatment in fever.....	104, 105
Tub-bath .....	44
Twenty-four hours and after.....	39
Twenty-four hours in hot sections.....	102
Types evolved by environment.....	23
Types of the human animal.....	52
 Unhappy stories .....	 13
Unfitness for motherhood.....	44
Unkindness affects digestion.....	17
Unkindness causes illness and crime.....	18
Useless waste of strength.....	91
Use of drugs criminal.....	100, 101, 102
 Ventilation .....	 26
Vermín .....	28
Virulent attacks rare.....	69
Vital force .....	54

## INDEX.

	Page.
Vital reaction .....	23
Vomiting nature's relief.....	79
Warmth and quiet.....	47
Water cure .....	76
Water, fear of.....	74, 92
Water and fruit juices needed.....	58
Water from nursing bottle.....	73
Water by rectum.....	96, 106
Water is needed.....	75
Water tastes bad.....	96
Wet cloth on abdomen relieves thirst.....	92
Withhold water in nausea only.....	76
Why children are nervous.....	7
Young creatures .....	46







